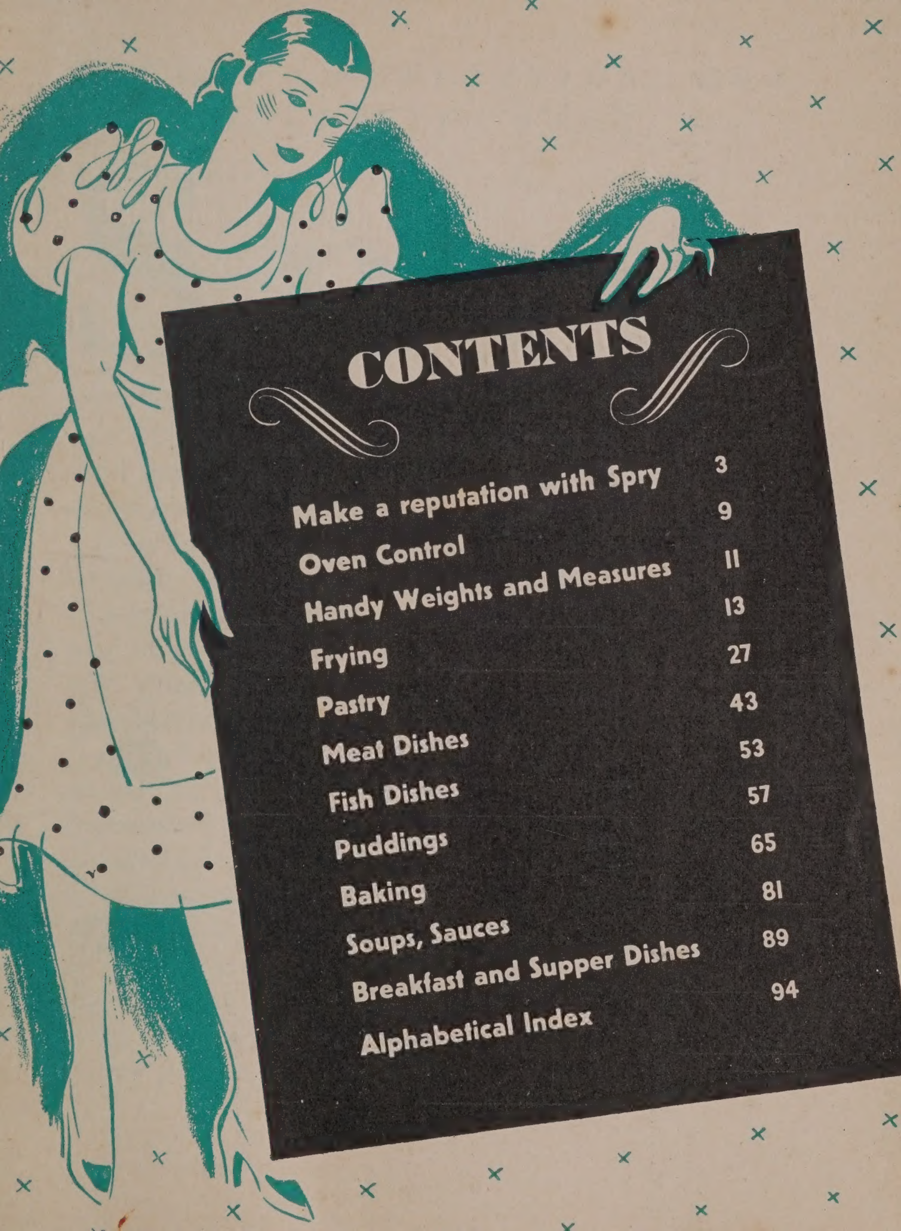
Price One Shilling

"What shall I cook to-day"?

Spry
FOR ALL PASTRY, CAKES & FRYING
Your usual methods
give bett
SPRY
SPRY stays fresh & sweet, & its excellent quality never varies. It is packed in this type of container to ensure that it reaches you in perfect condition. Awarded the Certificate for Purity & Quality by the Institute of Hygiene

WELLCOME INSTITUTE
LIBRARY
Coll. welMOmec
Coll. pam
No. QT 235
1936
H 88w

22500881524



CONTENTS

Make a reputation with Spry 3
Oven Control 9
Handy Weights and Measures 11
Frying 13
Pastry 27
Meat Dishes 43
Fish Dishes 53
Puddings 57
Baking 65
Soups, Sauces 81
Breakfast and Supper Dishes 89
Alphabetical Index 94

EVERY recipe in this book is a tested recipe, tested by practical cooks under everyday conditions. So you can be sure that all of them are going to give you the very best possible results. Only one word of advice: to be sure they turn out just as well as you would like — use SPRY *in them!*

MAKE A REPUTATION FOR YOURSELF WITH

Spry

JUST think over all the fats that you have been accustomed to use for cookery.

Every one of them is good for some kind of cookery, useless for others. One is good for pastry and cakes, but no good for deep frying. Another is good for frying and pastry, but no good for sweets or cakes. Then there is one you use for frying only. While yet another is good for basting and for plain cakes and puddings, but you can't use it for icings or for sweets.

SPRY *is good, more than good, for every kind of cookery that you can think of.* It is the first cooking fat to be " ready-creamed " in manufacture, which means it has a wonderful light smoothness ideal for *every* kind of cooking.

Begin the list with breakfast—fried eggs and fried sausages. SPRY fries them both. The eggs are crisp, *with no taste of fat;* so are the sausages—and all the frying done without the slightest smoke or smell.

For lunch, suppose you choose baked fish and sauce and mashed potatoes. Brush SPRY over your baking dish, put some on top of your fish, and see how good it tastes. Make your sauce with SPRY—a smooth creamy sauce that is easy to make and easier still to eat! Put a spoonful into your mashed potatoes. It makes them creamy white and rich with body-building nourishment.

For tea, make your small rich cakes with SPRY, *and ice them with an icing made with SPRY*. You will find all the recipes you need in this book; for scones and hot cakes, too.

For dinner or supper, make your soup with SPRY fry your fish and potatoes in it, make your main dish (grill, stew, or meat pie or roast) and enrich your vegetables with SPRY; make your pudding and your sweet sauce and your savoury all from the recipes contained in this book.

WHAT IS SPRY?

SPRY is a snow-white vegetable fat, made entirely from pure vegetable oils. It is tasteless, odourless, and perfectly digestible. But the special point about SPRY is that it has been "ready-creamed." This gives it a velvet texture, absolutely new in cooking fats, and this smoothness gives you easier working and also better results in every kind of cooking. And because SPRY has no flavour of its own, it improves the flavour of every ingredient used in cooking, just as cream brings out the flavour of fruit. There's another special point you'll like about SPRY, too. It will keep absolutely fresh for months on end, under ordinary kitchen conditions.

IT IS EASIER TO COOK WITH SPRY

What makes a rich cake light and feathery? The good blending of fat, sugar and eggs. SPRY blends with sugar at once;

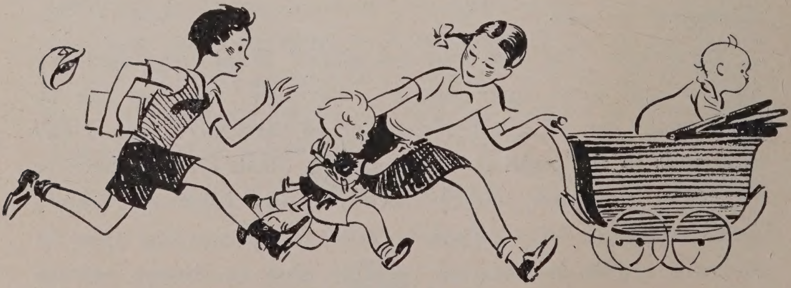
very little beating is necessary, because of its light creamy texture. It creams in less than half the usual time and saves work. And the blended mixture of SPRY and sugar absorbs eggs unusually quickly and well. See the result for yourself in the finished cake. A good SPRY cake is *always* light and actually a little bigger than ordinary cakes, because it rises better.

What makes pastry rich and crumbly? The quick blending of fat and flour. SPRY is so light and firm that it rubs into flour at a touch. You handle it less, and therefore your short crust is light as a feather and melts away as you eat it. Beautifully evenly browned all over, too. In flaky pastry, the light flakes of SPRY roll in at once, with the lightest touch of the rolling-pin, so your flakes rise tender and toothsome. And it's always just as light and firm and easy to work. On hot days and cold days alike SPRY is always pleasant and easy to use. Next time you are going to make short crust pastry, rub 1 lb. of SPRY into 2 lb. of flour. Use what you want and lay the rest aside, just covering it to prevent dust settling on it. This is called a "Dry Mix." Then the next time you want to make some pastry in a hurry, there's your "Dry Mix" ready and waiting to be used.

What makes fried foods crisp and golden? What keeps them dry outside and gives them delicious flavour? Fat that can be made *really hot*, so that the covering of the food cooks *at once* and seals in the good flavours. SPRY heats quickly, because of its light texture, and it reaches a very high temperature before the light wisps of smoke arise, to tell you that your fat is ready. This means that potatoes, fish or fritters become golden brown at once, and come out with a perfectly dry surface. And because foods fried in SPRY have no fat clinging to them, they are easier to digest, and nicer too. Then, of course, most fats smoke and splutter. But not SPRY. You can heat SPRY to a very high temperature and it won't smoke, or smell either. You'll find it makes frying a nicer, cleaner job altogether.

SPRY IS A VALUABLE FOOD

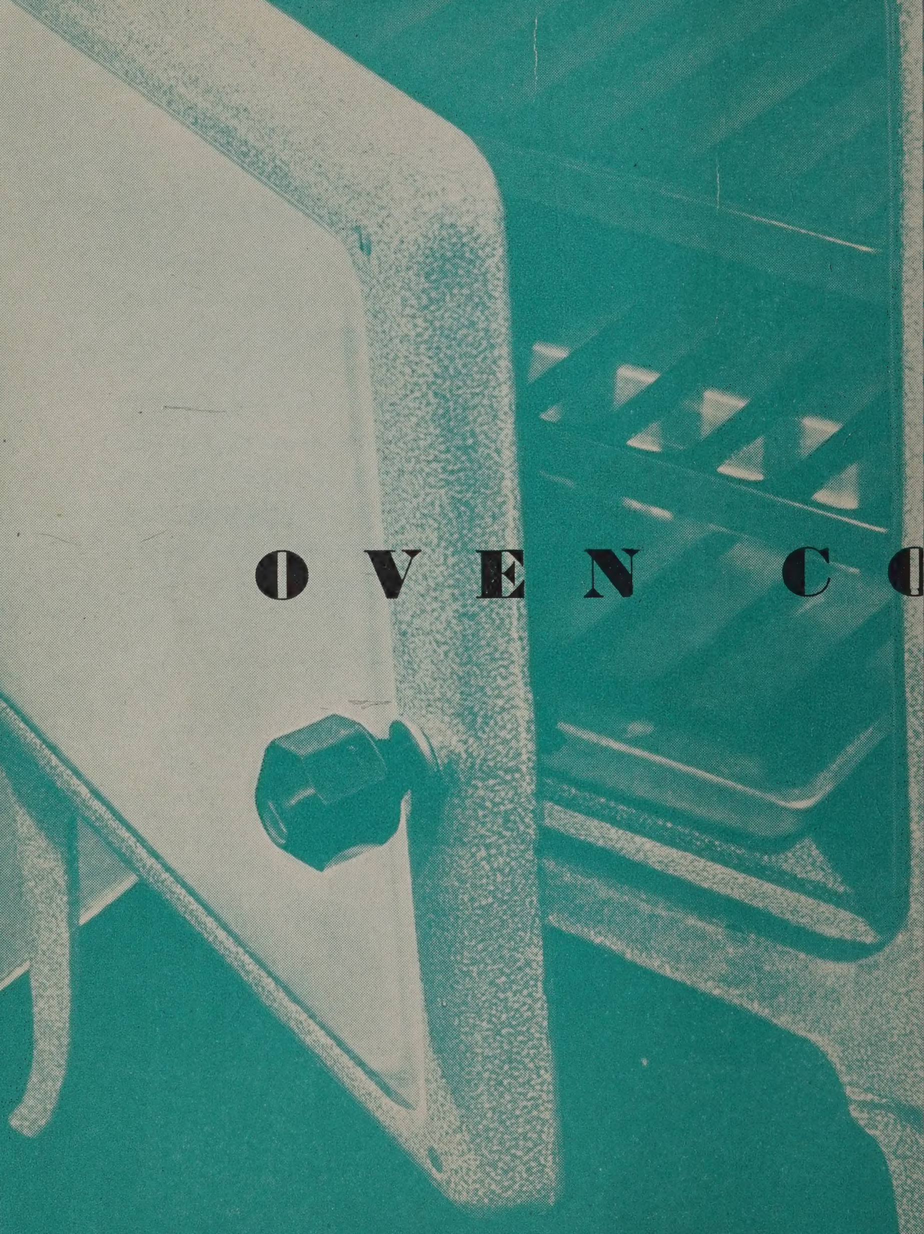
SPRY makes foods so delicious to eat that you will soon get into the habit of using it for all your cookery. *You could not do better for yourself and your family.* In this climate, a certain amount of fat is a necessary part of the diet. Fat helps bread and potatoes and flour and sugar to digest. Fat and these floury, sugary foods give vigour and strength to youngsters and to their parents. Our *bodies* know this, before our *minds*. That is why bread and potatoes and pastry and cakes are a large part of what everybody likes to eat. SPRY is so light and pure a fat that it makes everything cooked with it really easy to



digest. No mother can do better for her family than to cook them plenty of cakes, puddings, pastry, soups and sauces with SPRY.

COOKING WITH SPRY IS AN ADVENTURE

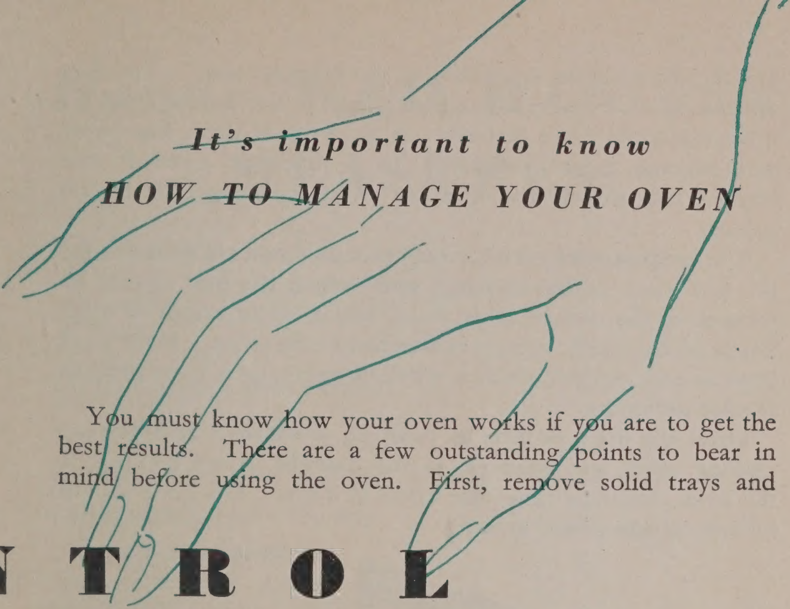
SPRY is going to make good cooks out of many women who have been a little shy about their pastry, unduly modest over their cakes. Cooking with SPRY is an adventure; this book shows you how to launch out into new dishes that you never tried before. Give your husband a fried dinner one day and a new kind of pie the next. Make a reputation for yourself as a cake-maker with some of these easy recipes. One of the best ways to send up your popularity sky-high with your family and your friends is to become famous as a good cook. SPRY will make you one.



OVEN CO

It's important to know

HOW TO MANAGE YOUR OVEN



NTROL

You must know how your oven works if you are to get the best results. There are a few outstanding points to bear in mind before using the oven. First, remove solid trays and place grid shelves in position. The top of the oven is the hottest part and is suitable for scones, buns, small cakes and such foods as are required to brown and cook quickly. The centre has a more moderate heat and large cakes and joints should be placed there. The lower part having the least heat should be used for milk puddings and any food requiring slow cooking.

The length of time varies with each oven for heating, but the oven must be heated to the correct temperature before prepared food is ready for cooking. Suitable temperatures for both gas and electric ovens of standard types have been given with each recipe in this book. If your oven is not fitted with thermometers or automatic control, a thermometer of a reliable make can be obtained for a few shillings and can stand inside the oven, preferably in the centre. Another method of gauging the temperature is known as the "paper test." For this, a piece of white paper should be placed in the heated oven for three minutes. After that time, if the oven is slow, this paper will become cream coloured. In a moderate oven it will become pale brown and in a hot oven a deep golden brown colour.

The temperatures given throughout the book are intended for the first stage of the cooking, after which the heat should be reduced in the case of those foods taking some length of time, unless an automatic control is attached to the oven. If the food browns too quickly, place a sheet of paper over it to prevent further browning.

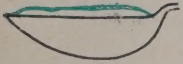
Open the door as little as possible, especially when you are making cakes and sponges, as the draught causes cooling of the oven, and may cause the cakes to drop. The door should be opened and closed gently.

Make sure that the oven ventilators are in good condition, as excessive steam or smoke in the oven will prevent good browning. It is possible, by careful planning, to economise by cooking an entire dinner in the oven. If the oven is wiped out with a damp cloth while still warm, endless labour will be saved, and a clean oven, which is necessary for good results, ready for next time.

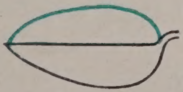
Handy WEIGHTS *and* MEASURES

(To ensure accuracy verify these measures
with your own cooking utensils.)

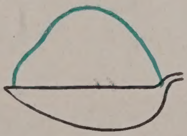
1 level tablespoonful of SPRY	1 oz.
1 tablespoonful of SPRY	2 oz.
1 level tablespoonful of sugar	1 oz.
1 level tablespoonful of syrup	1 oz.
1 tablespoonful of flour	1 oz.
2 tablespoonfuls of breadcrumbs	1 oz.
1 teacupful of flour	¼ lb.
1 teacupful of breadcrumbs	2 oz.
1 teacupful of liquid	1 gill
1 breakfast-cupful of liquid	½ pint



1 level or
½ spoonful.



1 spoonful.



1 heaped
spoonful.

FRYING

FRIED FISH and fried potatoes are staunch favourites in the menu of nearly every family, and yet there are very few families where frying is completely understood. People go on eating fried foods because they like them; cooks who will take a little extra trouble with their frying, by following the simple rules in this book, are bound to earn a great deal of praise.

There are two main things to remember about frying. The first is—

Choose the right fat to fry in;

the second—

Make the fat really hot before you begin to fry.

CHOICE OF FAT

There is no better fat to fry in anywhere than SPRY. Because of its light delicate texture, SPRY becomes so hot, before it begins to give off a faint blue smoke, that it seals the outside of fried foods *at once*, keeps in their good flavour, and adds a delicious crisp brown crust to everything you cook in it. Not only is the full flavour kept in the food this way, but the fat is kept out. So you find foods are without a trace of greasiness. And because foods fried in SPRY are free from grease they are thoroughly easy to digest.

Frying is such a quick method of cooking that it is really economical. SPRY used for deep frying can be strained and used over and over again. It diminishes very little; if you start your deep-fat pan with 2 to 3 lb. of SPRY, according to the size of the saucepan, that amount will last you for months. Occasionally, add another ½ lb. Strain your SPRY carefully, every time you use it, through a fine strainer or a piece of butter muslin, to remove any stray crumbs or pieces that may have fallen from the food cooked in it.

Remember, too, that SPRY used for deep frying does *not absorb flavours from any of the foods cooked in it*. You can, for example, cook onion rings dipped in flour for a garnish, fillets of fish, and then fritters or choux pastry. Every one will keep its own flavour, and, provided your coating is properly done, the same panful of SPRY does equally well for all. One more point in SPRY'S favour is that frying with SPRY is quite odourless. Because you can heat SPRY up to such a high temperature you do your frying without any smoke or smell. Your kitchen remains free from fumes, and the food itself has no taste of fat on it.

Deep frying is described first, because it is by far the most economical and the easiest method of frying food. You need a fairly deep iron stewpan and 2 or 3 lb. of SPRY should be used.

But remember that SPRY *used for deep-fat frying can be used over and over again and will last for months.* A wire basket to fit loosely inside the stewpan is a great help in deep frying. These baskets are quite cheap, and well worth getting.

If by any chance you want to begin frying before you have a basket, use a flat, wire whisk, or even an iron spoon, for taking foods out of hot fat.

Another necessary article for deep-fat frying is a plate or a baking-tin with some crumpled kitchen-paper in it, to drain the surplus fat from the food before it is eaten. SPRY leaves very little fat on foods, *if it is hot enough when the food is put in*—hardly any, in fact—but even these few drops should be drained off; it makes the foods really easy to digest.

Potatoes, cut in slices or fingers, can be fried just as they are in SPRY (see recipes on pages 21, 22), but *fish*, *croquettes* and *fritters* need a coating of some kind before they are put into the hot SPRY. This is a rule to remember; if fish or croquettes are put into hot SPRY uncoated they will make it boil over. The coating, whether it consists of egg and crumbs, flour or batter, cooks at once, and keeps the food dry, crisp, and free from greasiness. Directions for making all these coatings are given on pages 22, 23.

Here are a few simple rules for deep frying, repeated so that you can remember them easily.

RULES FOR DEEP FRYING

(1) Use enough SPRY to cover the food cooked completely.

(2) Make SPRY so hot that a faint wisp of blue smoke begins to rise; then put in your food.

(3) Do not put too much food at a time into hot SPRY; a handful of potato chips or fingers, one or two small pieces of fish, three or four croquettes or rissoles at a time are enough. If you put in more you reduce the heat too much, and your foods will not come out so crisp—they may be rather greasy.

(4) Drain fried foods for a few minutes on crumpled kitchen-paper before serving.

(5) Never cook fish, croquettes or rissoles without coating them first (for coatings, see pages 22, 23).

(6) Cool SPRY a little after frying is finished; then strain through a strainer or butter muslin, and keep until it is wanted again for frying.

SHALLOW AND SAUTÉ FRYING

Shallow frying is done in just enough melted SPRY to cover the bottom of a frying-pan. Make the SPRY hot, and fry in it pancakes (see page 26), fried eggs, omelets, scrambled eggs, bacon, fresh herrings or mackerel, etc. Remember, in shallow frying, to use as little SPRY as possible—just enough to keep the food from sticking to the frying-pan.

Sauté frying is done in enough hot SPRY to come half-way up the food cooked. It is a good method to use for small pieces of meat that are to be stewed, for meat or fish-cakes made of raw meat or fish which need slower and more complete cooking, or for onions or other vegetables that are to be used in stews. Sausages, chops and steaks can be cooked in a little hot SPRY in this way. Cold potatoes, cut in slices, can also be sautéd.

Rules for Shallow Frying:

(1) Use a frying-pan, and just enough SPRY to cover the bottom of the pan.

(2) Make SPRY hot before putting in the food.

(3) Drain food and sprinkle lightly with salt (or sugar) before serving.

(4) Pour SPRY away when cooking is finished, and wipe out the frying-pan while it is still hot with crumpled newspaper.

Rules for Sauté Frying:

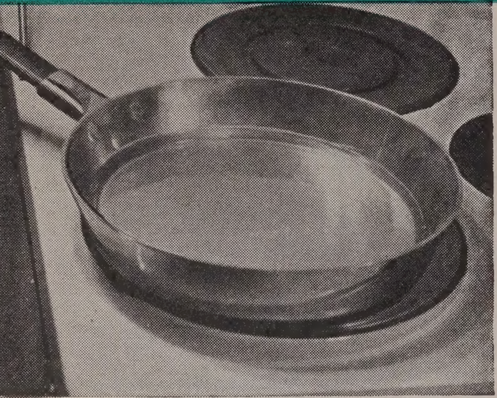
(1) Use enough SPRY to come half-way up the article fried.

(2) Make SPRY hot before putting in the food.

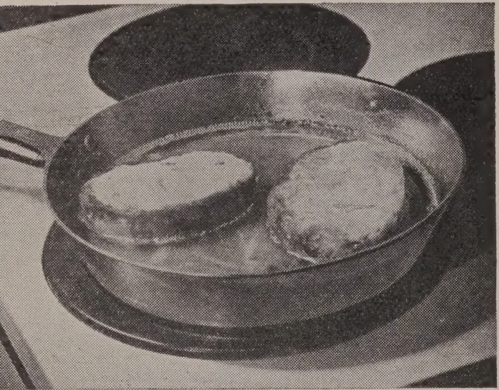
(3) Drain foods thoroughly after frying, on crumpled kitchen-paper.

Note.—SPRY used for sauté or shallow frying should not be used again. It is liable to absorb flavours from the food cooked in it.

SHALLOW FAT *frying*



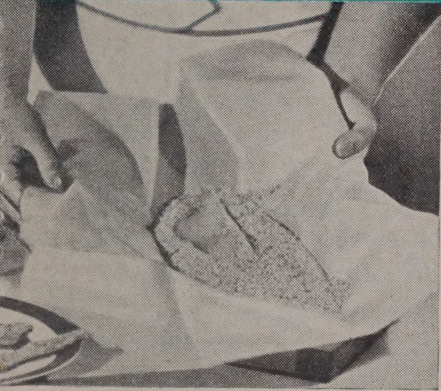
1. SPRY BEING MELTED. Heat sufficient SPRY in the pan to well cover the bottom.



2. FOOD BEING FRIED. Coat the food where necessary before placing it in the hot SPRY and fry until well browned, first on one side and then on the other.

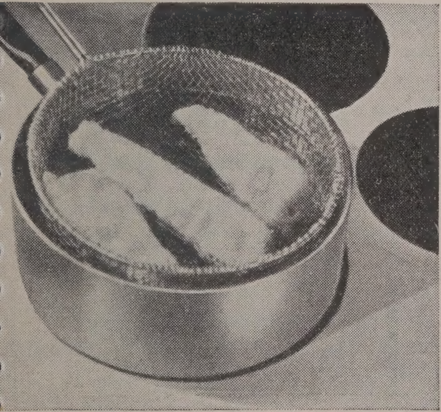
3. FAT BEING DRAINED. Drain fried food on crumpled kitchen-paper to remove all excess fat. Then garnish and serve the finished dish immediately.

DEEP FAT *frying*

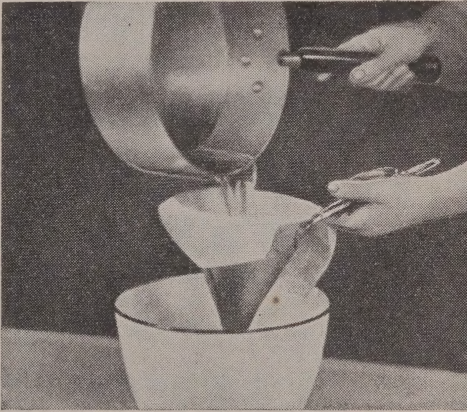


COATING WITH EGG AND
READCRUMBS.—Have article dry
fore brushing with egg, then toss in
eadcrumbs, patting in well before
aking free any loose crumbs.

2. ARTICLES IN FRYING-BASKET.—Place the food in the heated frying-basket and lower gently into the hot SPRY.



FOOD DURING FRYING.—
iere should be enough hot SPRY
cover the articles. Fry until a
lden brown colour.



4. CARE OF SPRY.—Allow the SPRY to cool after use, then strain carefully to remove all crumbs and sediment.

FRIED FILLETS OF FISH

Fillets of white fish, such as sole, whiting, plaice, etc.
Egg and breadcrumbs
Seasoned flour (1 oz. flour, ½ teaspoonful salt, ¼ teaspoonful pepper)
SPRY for deep frying

Method.—Skin the fillets, and wash and dry them carefully. They may be cut in two, lengthwise, if preferred. Roll them in seasoned flour, brush them all over with beaten egg, and toss them in breadcrumbs. Press breadcrumbs in on the fillets lightly, and then shake off any loose crumbs. Put the fillets in the frying-basket, and fry in very hot SPRY until they are a golden brown in colour. Drain on soft paper. Garnish with fried parsley and lemon, and serve with a suitable sauce (see page 84).

FRIED PARSLEY

Use as a Garnish for deep-fried food

Wash the parsley well and pick leaves from stalk. Dry in a towel. After frying food allow SPRY to cool slightly, place parsley in frying-basket and lower very carefully into fat. When bubbling ceases, drain, season and use at once.

FRIED HERRING OR MACKEREL

Fresh herring (or mackerel)
SPRY for shallow frying
Salt and pepper
Parsley
Oatmeal or flour

Method.—Scale the fish, cut off the head and fins, clean, wash and dry. Score across two or three times. Dip in flour or oatmeal and fry slowly in hot SPRY, turning once. Drain and serve garnished with parsley.

Note.—After cleaning the fish the backbone may be removed.

FISH CROQUETTES

Method.—Remove the skin and bone from the fish and flake finely. Melt 1 oz. SPRY in a pan, add the flour and milk. Boil up, stirring well, and cook thoroughly. Add the fish and anchovy essence. Turn on to a plate and leave until cold. Divide into about 8 parts, form into balls, and then into cork shapes, coat with egg and crumbs, and deep fry in hot SPRY. Drain and garnish with fried parsley and lemon butterflies. Serve with anchovy sauce.

1 oz. SPRY
1 oz. flour
½ lb. cooked fish
1 gill milk
Salt and pepper
A little anchovy essence
Egg and breadcrumbs for coating (see page 23)
SPRY for deep frying

SAUTÉ POTATOES

Method.—Cut the cold, cooked potatoes into even slices ¼ inch thick. Melt the SPRY and put in enough potato slices to cover the bottom of the pan. Fry until golden brown, then turn and fry on the other side. Serve very hot, sprinkled with a little chopped parsley.

Cold, cooked potatoes
2 oz. SPRY
A little chopped parsley

POTATO FINGERS

Method.—Peel the potatoes, cut into slices ¼ inch thick, and then into finger-length strips. Soak in cold water for 1 hour, dry and fry as potato chips (see page 22).

Potatoes
Salt
SPRY for deep frying

POTATO CHIPS

Potatoes
Salt
SPRY for deep frying

Method.—Peel some potatoes and cut into thin even slices. Leave them in cold water for 1 hour, then dry thoroughly in a cloth. Put them in a frying-basket, lower gently into the hot SPRY and fry for a few minutes. Remove the basket until the SPRY has become very hot again, and then replace it and fry the potatoes until they are a golden brown colour. Drain on soft paper, sprinkle with salt and serve very hot.

FRIED POTATOES

Potatoes
Salt
2 oz. SPRY for frying

Method.—Cut the potatoes in slices ¼ inch thick, heat the SPRY, put the potatoes in and cook gradually. They are ready when a golden brown colour. Drain, sprinkle with salt and serve very hot.

BATTER COATING

3 oz. flour
1 oz. breadcrumbs
¼ teaspoonful salt
1 egg
¾ gill milk (about)

Method. — Mix the flour, breadcrumbs and salt, beat the egg well, add to the dry mixture, with enough milk to mix to a coating consistency. Beat thoroughly and allow to cool for ½ hour.

Use to coat fish, fruit and vegetables for frying. A frying-basket should not be used with a batter coating or the food will stick to the basket.

Egg and Crumb Coating for
CROQUETTES, RISSOLES, FISH, CUTLETS, etc.

Method.—The food to be coated for frying with egg and breadcrumbs must be thoroughly dried, then rolled in seasoned flour (1 oz. flour, ½ teaspoonful salt, ¼ teaspoonful pepper). Beat up an egg on a plate (a little milk may be added if necessary), dip in the food to be fried and brush all over. Have the breadcrumbs on a sheet of kitchen-paper and toss the food in this. Press the breadcrumbs firmly in the fish and then shake lightly to remove any loose crumbs.

1 egg to 2 cupfuls of fine breadcrumbs

FLOUR AND MILK COATING

Method.—(*a*) Mix the flour, salt and pepper. Brush the food with milk and coat well with seasoned flour.

(*b*) Mix the flour, salt and pepper together. Gradually stir in enough milk to mix to a coating consistency; beat well. Dip the food to be fried into the batter, using a skewer.

4 oz. flour
1 gill milk
Salt and pepper

FRIED SAUSAGES

Sausages
SPRY for shallow frying

Method.—Heat the SPRY. Prick the sausages well, put them in the hot SPRY and fry for about 10 minutes (the thicker the sausages, the longer they will take to cook) until well browned. Turn frequently while frying. Drain and serve hot on fried bread. Garnish with parsley.

FRIED CHOPS

Chops (loin or best end of neck)
SPRY for shallow frying

Method.—Trim the chops if necessary, and wipe them with a damp cloth. Heat the SPRY, put the chops in, and brown on both sides. Then reduce the heat and continue cooking for 8 to 12 minutes, turning about every 2 minutes. Sprinkle with salt and pepper and serve hot.

FRIED STEAK

½ lb. of steak (at least 1 inch thick)
Salt and pepper
1 gill water
SPRY for shallow frying

Method.—Wipe the meat. Heat the SPRY in a frying-pan, put in the steak, and fry for 2 minutes on each side. Reduce the heat and continue cooking for 8 to 12 minutes, turning occasionally. Keep the steak hot on a dish. Strain off the SPRY from the pan and add the water and seasoning to the sediment left. Stir till boiling and pour round the meat.

MEAT RISSOLES for 4 people

½ lb. cold meat
1 cooked onion
½ lb. cold, cooked potatoes
1 oz. SPRY
Salt and pepper
Egg and breadcrumbs
SPRY for frying

SEASONING:
Pinch of dried herbs
1 teaspoonful chopped parsley
Grated rind of 1 lemon
Pinch of nutmeg
1 teaspoonful curry powder
(Any or all of these seasonings may be added.)

Method.—Mince or chop the meat very finely, mash the potatoes, and mix well together with 1 oz. melted SPRY. Add the salt, pepper, herbs, etc. Form into small flat cakes, dip in beaten egg and then in breadcrumbs, or in milk and flour. Heat the SPRY, and fry the rissoles until they are a rich brown colour. Drain and serve at once.

APPLE FRITTERS

3 tablespoonfuls flour
2 tablespoonfuls breadcrumbs
Pinch of salt
1 egg
About 1 gill milk
Apples (pineapple, bananas, or oranges may be used)
Sugar
SPRY for frying

Method.—To make Batter.—Mix the flour, breadcrumbs and salt. Add the beaten egg and milk until the batter is of a creamy consistency. Beat very well, and allow it to stand in a cool place for ½ hour before using.

To prepare the Fritters.—Peel, core and slice the apples thinly in rings. For pineapple fritters, slice the pineapple thinly, or else cook in the usual cubes. Bananas should be sliced lengthwise, and oranges divided into sections. Dip the apples in batter and fry (see deep-fat frying, page 19). Do *not* use a frying-basket. Drain the fritters and toss in sugar. Serve immediately.

DINNER PANCAKES for 4 people

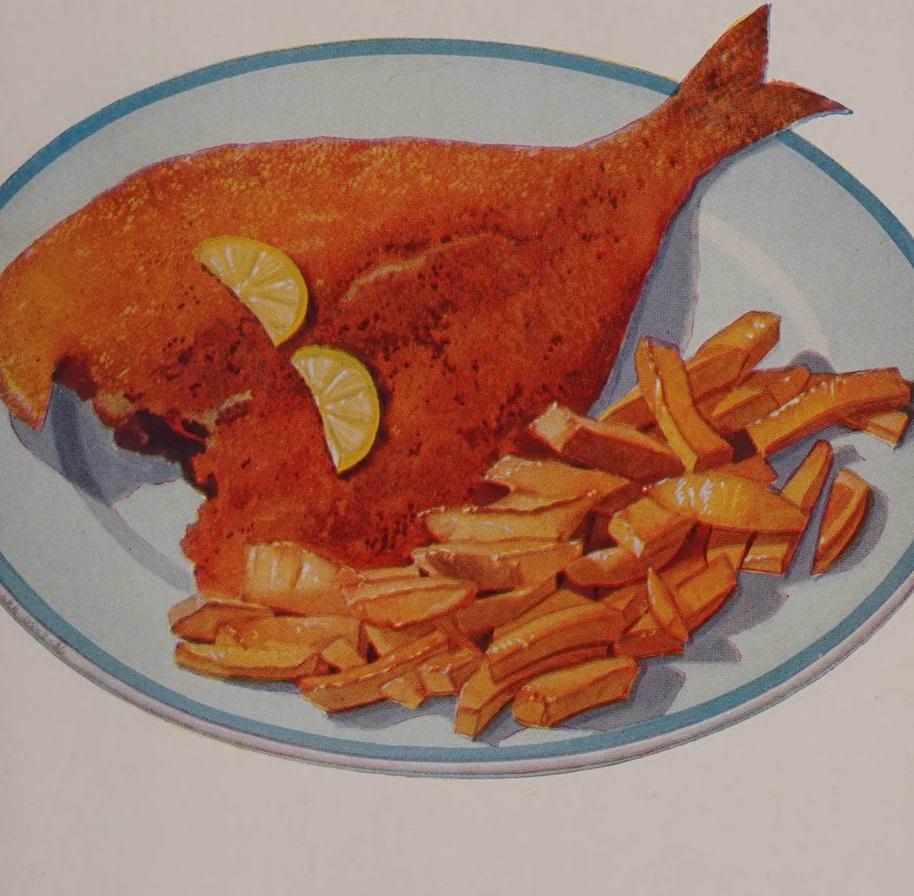
½ pint batter (see below)
Lemon juice
Sugar
1 oz. SPRY for frying

Method.—Melt the SPRY in a small saucepan and keep it liquid, ready to add to the frying-pan whenever necessary. Pour in just enough melted SPRY to cover the bottom of the pan, and then add enough batter to make a thin cake. When it is set, shake it loose; when lightly browned, toss or turn it to the other side, and cook. Turn on to a sugared paper. Sprinkle with sugar and lemon juice, and roll up. Repeat this process until all the batter is used, adding a little melted SPRY to the pan between the frying of each pancake. Serve very hot, immediately after cooking.

PANCAKE BATTER

4 oz. flour
Pinch of salt
1 egg
½ pint milk

Method.—Mix flour and salt. Break the egg into the mixture and stir in thoroughly. Then gradually add enough milk to make a smooth paste, beating well all the time. Continue beating till air-bubbles rise freely. Then add the rest of the milk and beat in. Set the mixture aside to cool for ½ hour before using.



PASTRY
making

Most cooks can make short pastry, but it is not every cook who can make it well. Flaky pastry and puff pastry, on the other hand, are regarded by many women as mysteries that only an expert can expect to handle well. There is no reason at all why *any* cook, with the help of a few simple rules, and with SPRY in her larder, should not turn out short crust, flaky pastry and puff pastry.

To begin with, pastry is much easier to make with SPRY. For *short crust*, where the fat is rubbed into the flour, SPRY is so feathery-light and smooth in texture that it rubs in at once. SPRY is so rich in fat, too, that less water is wanted to make the crust cling together, *and the less liquid you use in short crust the lighter it is.*

Then in *flaky pastry* SPRY rolls out into the paste far more easily than any other fat, again because of its light, creamy consistency. So the flakes rise well, and are tender and delicious to eat. Moreover, SPRY keeps its cool, firm consistency so well, in any sort of weather, that it is ideal for pastry, which needs a firm, cool fat. Here are some tested rules for pastry making. Remember them, and always use SPRY and your pastry will improve at once.

Rules for making short crust :

(1) Keep flour, SPRY and water as cold as possible. Sift the flour. Keep the SPRY in a cool place, and use water from

a cold tap that has been allowed to run until really cold. Use *very little* water in mixing.

(2) Use just enough water to make the pastry cling together.

(3) Mix with a round-bladed knife.

(4) Handle as little as possible.

(5) Use as little flour as possible while rolling out.

"Dry Mix"—a time-saving idea (see Introduction, page 5).

Rules for making flaky pastry :

(1) Keep all materials as cold as possible.

(2) Mix with enough cold water to make an elastic dough.

(3) Knead dough until smooth before flaking on SPRY

(4) Get as much air into your pastry as you can, and never press air-bubbles out in rolling.

(5) Bake your pastry in a hot oven : the richer the pastry the hotter the oven should be.

Note.—When ½ lb. of pastry is mentioned in a recipe, that means pastry made with ½ lb. of flour.

SHORT CRUST PASTRY

Method.—Add the salt to the flour. Cut in the SPRY with a knife and then rub in with the finger-tips, until the mixture resembles fine breadcrumbs, taking care not to soften or oil the SPRY. Mix to a *very* stiff dough with cold water, pressing well against the side of the basin with a knife. Work lightly until smooth. Roll out once only and use as required. Bake in a hot oven. (See illustration, page 36.)

REGULO SETTING MARK 6.
TEMPERATURE 400° F.

8 oz. flour
4 oz. SPRY (or 3½ oz. if a less rich pastry is required)
Good pinch of salt
Cold water

FLAKY PASTRY

Method.—Divide the SPRY equally in four. Add one quarter to the flour and salt, rub in and mix to an elastic consistency with cold water. Turn on to floured board and roll into an oblong strip, keeping edges straight and corners square. Place second quarter on in small pats, covering two-thirds of the paste. Fold in three by taking the uncovered part up and bringing the top third of paste down. Seal the edges. Half turn and roll out again to an oblong strip. Lay on third part of SPRY, repeat as above and proceed similarly with remainder of fat. Set aside to cool for ½ hour. Roll out lightly, taking care not to press out the air-bubbles which form. Roll out twice more to make five rollings in all. Use for lining tins, covering meat pies, etc. Bake in a very hot oven. (See illustration, page 36.)

REGULO SETTING MARK 8.
TEMPERATURE 450° F.

8 oz. flour
6 oz. SPRY
½ teaspoonful salt
Cold water

SPRY PUDDING CRUST

Method.—Add the salt to the flour, rub SPRY in flour finely, add baking-powder and mix to an elastic dough with cold water. Roll out once and use immediately. This pastry is particularly good for fruit and meat puddings, boiled or steamed. (See illustration, page 31.)

8 oz. flour
3 to 4 oz. SPRY
1 teaspoonful baking-powder
$\frac{1}{8}$ teaspoonful salt
Cold water

FRUIT PIE

for 4 people

6 oz. short crust pastry (see page 29)
1 lb. fresh fruit
About 4 oz. sugar
A little water, if necessary

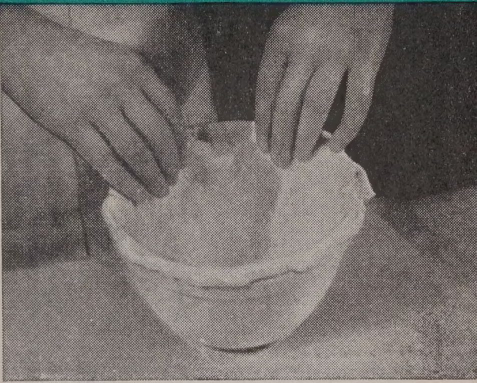
Method.—Prepare the fruit, and half fill the piedish. Add the sugar and a little water and pile the remainder of the fruit on top. Roll out the pastry a little bigger than the top of the piedish. Cut off a strip about $\frac{1}{2}$ inch wide, wet the edge of the piedish and lay the strip of pastry around it. Then wet the strip and cover the pie with the remainder of the pastry. Trim the edges and decorate by pressing all round with a teaspoon. Bake in a hot oven 30 to 45 minutes until the fruit is cooked (test with a skewer). Dust with sugar and serve.

Remember—6 oz. of pastry means pastry made with 6 oz. of flour.

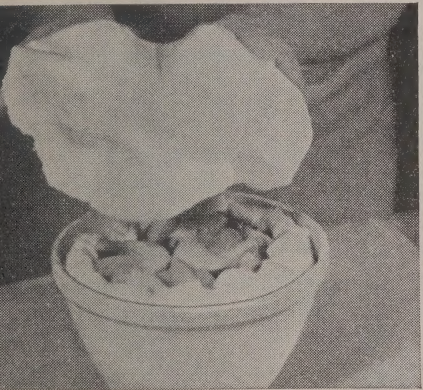
Regulo Setting Mark 7.
Temperature 425° F.

SPRY *Pudding Crust*

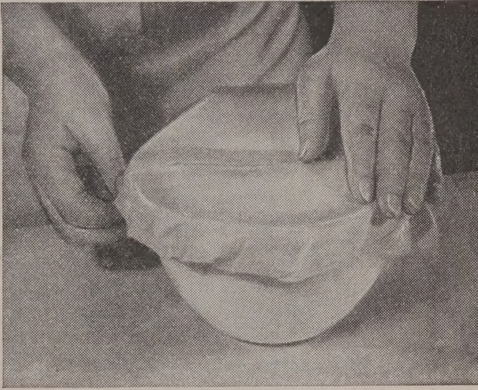
MIXING TO SOFT CONSIST- CY.—Rub the SPRY into the r, add the other dry ingredients mix to a paste of elastic consist- y with cold water.



2. LINING A BASIN.—Roll two-thirds into a round and use to line the greased basin.



FILLING THE BASIN with it and lid being placed on top.—Place filling, turn down and wet the edge the lining, roll the remainder of the try into a round and place on top.



4. BASIN BEING COVERED with paper.—Cover with a paper folded down the centre and well greased with SPRY. Turn in the edges and twist to hold in position.

PLATE TART for 6 people

Method.—Make the short crust pastry and divide into two. Roll out one half and with it line an enamel or fireproof plate. Prepare the fruit, put it on the lined plate with the sugar. Wet the edges of the lining. Roll out the rest of the pastry, and cover. Bake in a hot oven for 40 to 50 minutes. Dust with sugar and serve.

Remember—12 oz. of pastry means pastry made with 12 oz. of flour.

REGULO SETTING MARK 6.
TEMPERATURE 425° F.

12 oz. short crust pastry (see page 29)
1 lb. fresh fruit
(red or black currants, raspberries, damsons, or any other small fruit in season)
4 oz. sugar
(Only 6 oz. short crust pastry is required if the tart is not to be covered)

MINCE PIES

Method.—Mix the pastry, and, if it is flaky pastry, set it aside to cool. Roll out thinly, cut in rounds, and on half of these put a spoonful of mincemeat. Wet round the edges and cover with the second piece of pastry. Press the edges together. Brush with egg, and make a slit in the top of each pie. Bake in a hot oven for 20 minutes.

Short crust: REGULO SETTING MARK 6.

REGULO SETTING MARK 8.
TEMPERATURE 450° F.

Flaky or short crust pastry (see page 29)
Mincemeat (see page 60)

SYRUP TART

6 oz. short crust pastry (see page 29)
3 oz. breadcrumbs
2 tablespoonfuls golden syrup
Juice of ½ lemon
½ teaspoonful cinnamon, nutmeg or spice, or grated rind of 1 lemon (Any of these flavourings may be added.)

Method.—Make the pastry. Roll out and with it line an enamel or fireproof plate. Mix together the breadcrumbs, syrup, lemon juice and other flavourings, and spread over the centre of the tart. Bake in a fairly hot oven for 30 minutes.

REGULO SETTING MARK 6.
TEMPERATURE 400° F.

CORNISH PASTIES (6 Pasties)

8 oz. short crust pastry (see page 29)
¼ lb. steak
1 potato
1 onion
Salt, pepper, chopped parsley

Method.—Cut the meat and vegetables into small cubes and mix together with salt, pepper and parsley. Roll the pastry thin, and cut into 6 rounds. Put some of the mixture on each round, wet the edges, raise them to meet in the centre, and pinch them firmly together to seal. Brush with egg or milk, and bake for 30 minutes in a fairly quick oven, and then reduce the heat and cook for another 20 minutes.

REGULO SETTING MARK 5.
TEMPERATURE 375° F.
REDUCE TO MARK 3.

APRICOT FLAN

6 oz. short crust pastry (see page 29)
1 small tin apricots
¼ oz. powdered gelatine or 1 teaspoonful of arrowroot
Cream to decorate

Method.—Roll out the pastry and line a fleur ring or sandwich tin with it. Line this with greaseproof paper, and then put some uncooked rice or crusts of bread on top of the pastry to weigh it down and keep it flat. Bake in a hot oven for 20 minutes. Remove the rice and paper and bake for another 10 minutes. Drain the apricots, and then arrange them in the pastry case, which should first be cooled. Take ½ pint of the apricot syrup, boil it, add the dissolved gelatine (or arrowroot) and strain. Colouring may be added. Cool the syrup, and pour it over the apricots. When the mixture has set, decorate the top with sweetened whipped cream.

REGULO SETTING MARK 6.
TEMPERATURE 400° F.

JAM TART

6 oz. short crust pastry (see page 29)
Jam

Method.—Line a plate with the pastry. Trim the edge and decorate by pressing all round with a fork or teaspoon. Prick in the centre and spread jam over. Decorate by twisting the trimmings and arranging them across jam. Bake in a hot oven for 20 minutes.

REGULO SETTING MARK 7.
TEMPERATURE 400° F.

LEMON CURD TART

Method.—Line the patty tins with pastry, or line a plate and decorate the edge. Put some rice or breadcrumbs on top of the pastry to weigh it down and keep it flat. Bake in a hot oven 15 minutes for plate or 10 minutes for patty tins. Remove the lining and brown (5 to 10 minutes). Fill with lemon curd while still hot.

REGULO SETTING MARK 7.
TEMPERATURE 425° F.

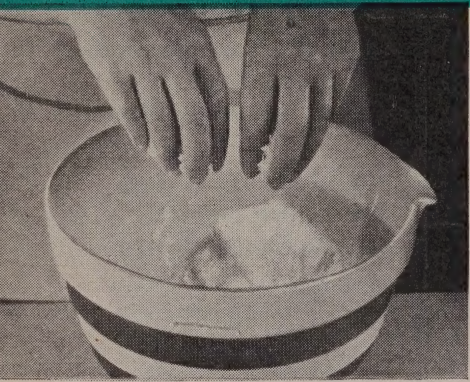
Flaky or short crust pastry (see page 29)
Lemon curd (see below)

LEMON CURD

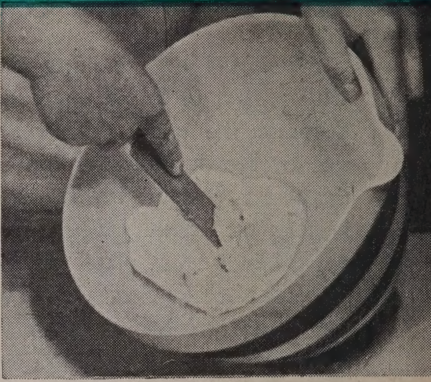
6 oz. sugar
2 oz. SPRY
2 eggs
Juice of 2 lemons

Method.—Stand a basin in a pan containing enough boiling water to come half-way up. Put the SPRY in the basin and allow to melt. Beat the eggs. Stir in the sugar, lemon juice and, lastly, eggs. Stir over the heat until it thickens. Pour into jars and use as required.

SHORT CR

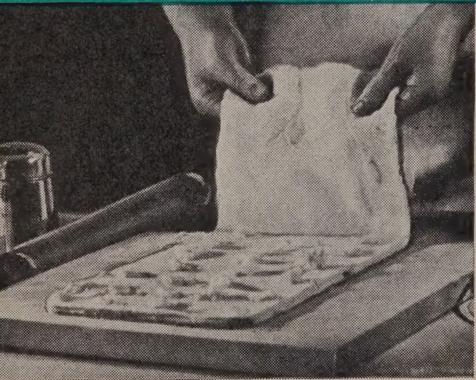


1. RUBBING FAT INTO FLOUR.—Mix the SPRY with the flour by rubbing in lightly with the tips of the fingers until the whole resembles fine breadcrumbs.

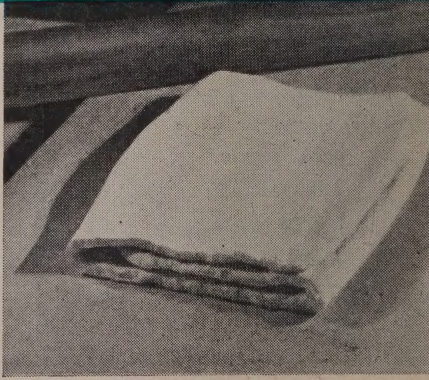


2. MIXING TO STIFF DOUGH.— Mix to a very stiff paste with a lit cold water, using a round-bladed knife a pressing well against the sides of the basin

FLAKY

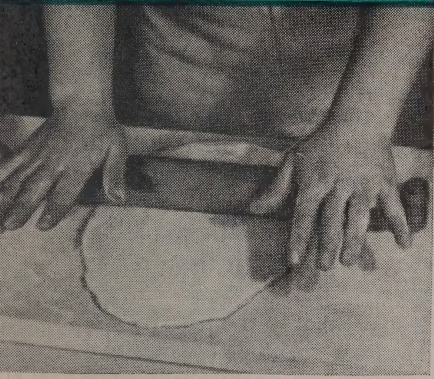


1. PASTRY ROLLED OUT and pieces of SPRY placed on top.—Roll the pastry into an oblong strip and place on one-quarter of the SPRY in pats to cover two-thirds of the surface.

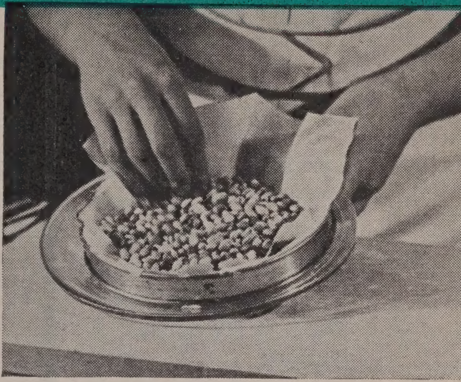


2. FOLDED STRIP READY FO NEXT ROLLING.—Fold the strip pastry in three and seal the open ends wit a rolling-pin before rolling out again.

UST *Pastry*

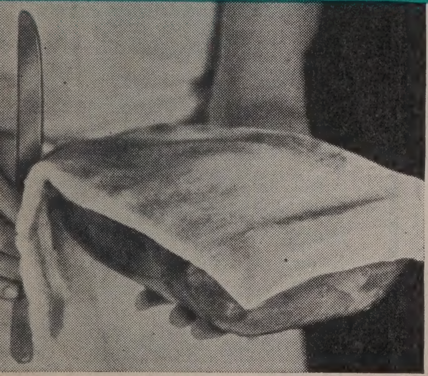


. ROLLING OUT PASTRY.—Knead a little and roll out pastry lightly, once y, to the size and shape required.

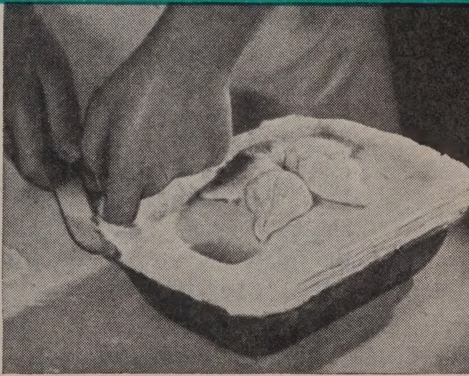


4. LINING A FLAN.—Line a flan ring or sandwich tin with the pastry and weigh it down with the greaseproof paper containing beans, rice, or crusts of bread.

Pastry



. PLACING RIM ON PIE-DISH and lid being trimmed.—Cover the rim of pie-dish with pastry before placing on cover and trim the edges with a knife.



4. PIE, DECORATED WITH LEAVES, having edges flaked.—Decorate the pie with leaves and flake up the edges by laying the finger along the edge of the pie and using the back of the knife.

CUSTARD TART

6 oz. short crust pastry (see page 29)
½ pint milk
2 eggs
1 oz. sugar
Pinch of salt
Nutmeg

Method.—Line a sandwich tin or flan ring with the pastry. Warm the milk. Heat the eggs and sugar together slightly. Add the salt and pour the warm milk over the mixture. Before pouring into the lined tin, prick the pastry to prevent it from rising through the custard. Strain the mixture into the pastry case, and sprinkle with grated nutmeg. Bake in a moderately hot oven for 40 minutes.

REGULO SETTING MARK 6.
TEMPERATURE 400° F.

BAKEWELL TART

Method.—Line a sandwich tin or flan ring with short crust pastry and spread a little lemon curd or jam over it. Cream the SPRY and sugar, add the almond essence and the eggs, unbeaten. Beat well, adding the ground almonds or cake crumbs. Spread the mixture on top of the jam. Bake for 50 minutes in a moderately hot oven.

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

6 oz. short crust pastry (see page 29)
2 tablespoonfuls lemon curd (see page 35) or jam
4 oz. SPRY
4 oz. castor sugar
2 eggs
2 oz. ground almonds or 2 oz. sponge-cake crumbs
Few drops of almond essence

FRUIT SQUARES

Method.—Prepare the currants, add the sugar, cinnamon and chopped apples, and mix well. Line a tray with half the pastry and lay the filling on this to within ½ inch of the edge. Wet round the edge and cover with the remaining pastry. Mark lightly in squares, brush with egg or milk and prick all over with a fork. Bake in a hot oven until pastry begins to brown, then reduce the heat, baking altogether for ½ hour.

REGULO SETTING MARK 8.
TEMPERATURE 450° F.

12 oz. flaky pastry (see page 29)
8 oz. currants
4 oz. sugar
2 apples
½ teaspoonful of cinnamon

SAUSAGE ROLLS

6 oz. flaky pastry (see page 29)
8 oz. sausage meat
Egg or milk for brushing

Method.—Make the pastry and roll out thinly to an oblong. Skin the sausages and form into 8 pieces. Place these on the pastry in 2 rows. Wet between each sausage and round the edges. Fold the pastry from the top and bottom into the centre and press lightly to form rolls. Cut each roll separately and flake the edges and mark the top with a knife. Brush with egg or milk and bake in a hot oven for ½ hour.

REGULO SETTING MARK 8.
TEMPERATURE 450° F.

VEAL AND HAM PIE

8 oz. flaky pastry (see page 29)
1 lb. veal cutlet
1 or 2 hard-boiled eggs
¼ lb. fat bacon or ham
Salt and pepper
Grated lemon rind
Mace

Method.—Mix the pastry and set it aside to cool. Cut the veal in 2-inch pieces, place a layer in the bottom of the piedish, then a layer of bacon, then seasoning, mace and lemon rind. Fill up in this fashion, cover top with sliced hard-boiled eggs. Half fill piedish with stock or water. Cover as for a steak and kidney pie (see page 41) and bake at first in a hot oven for 30 minutes to cook the crust, then reduce the heat and cook more slowly for almost 50 minutes, until the meat is ready. Average time 1 hour and 20 minutes. (The veal may be stewed in the stock for ¾ hour before placing in the piedish. The pie will then take only 50 minutes to cook.) Fill up with good stock and serve hot or cold.

Remember—8 oz. of pastry means pastry made with 8 oz. of flour.

REGULO SETTING FOR FIRST ½ HOUR, MARK 8.

TEMPERATURE 450° F.

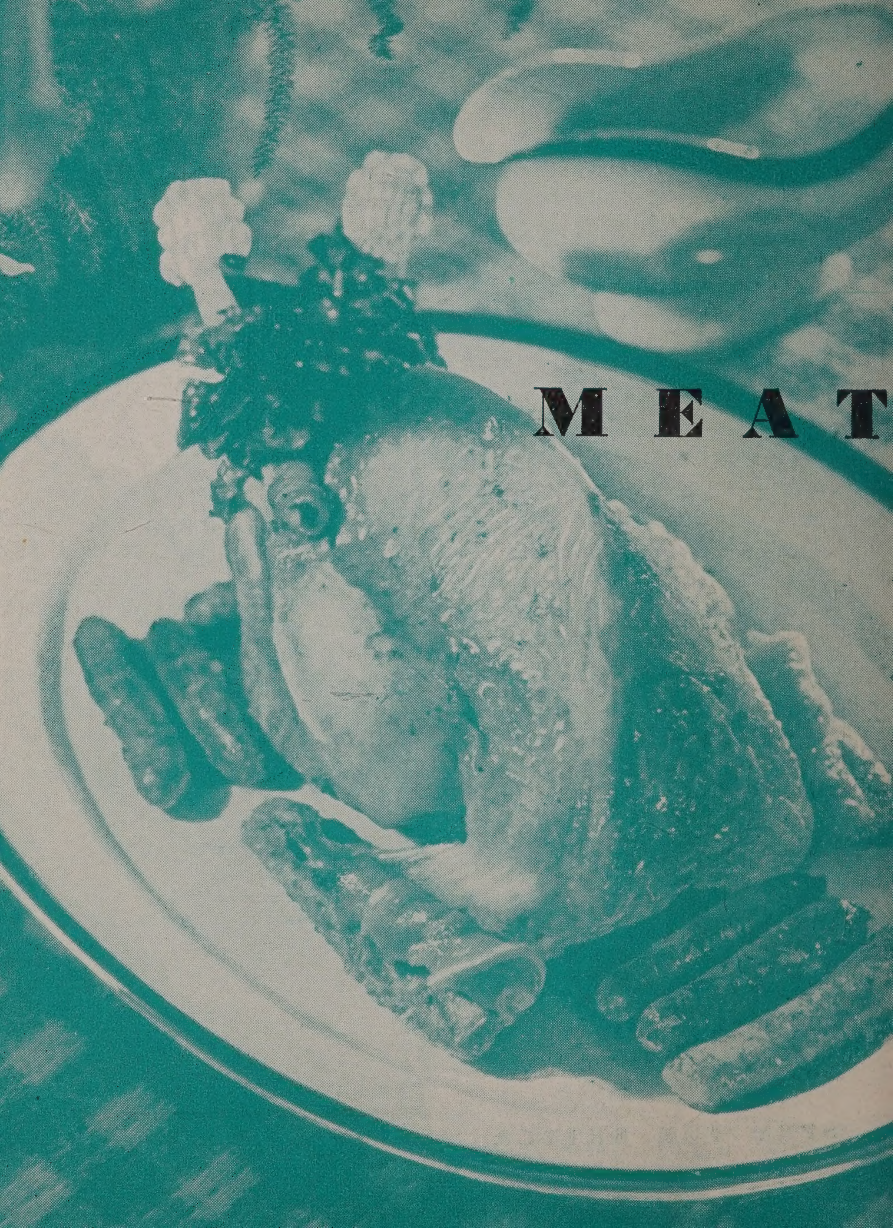
THEN REDUCE TO MARK 3.

STEAK AND KIDNEY PIE

1 lb. pie steak
1 sheep's kidney
1 tablespoonful flour
1 teaspoonful salt
½ teaspoonful pepper
Little water
8 oz. flaky pastry (see page 29)

Method.—Skin and halve the kidney. Remove fat and cut up. Cut the meat into strips and dip in seasoned flour (flour, salt and pepper). If the steak has already been cooked it should be cooled before using. Put a piece of kidney on each strip of meat and roll up. Place in the piedish and half fill with water. Roll out the pastry. Wet the edge of the piedish and line with a strip of pastry. Wet the lined edge and cover with remaining pastry. Trim the edges, then make a small slit in the centre and brush over the whole; cover with egg. Decorate with leaves made from pastry and brush these with egg. If the meat is raw, bake in a hot oven for ½ hour, then reduce the heat and continue baking for 1½ hours or until the meat is tender. If the steak has already been cooked, bake in a hot oven for ½ hour only. Fill up with hot seasoned stock.

Baking for first ½ hour:
REGULO SETTING MARK 8.
TEMPERATURE 450° F.



MEAT

MEAT, to be roasted or baked in the oven, should be basted with melted SPRY before it is put into the oven, so that the cut surface of the meat may be sealed, and all the juices kept in.

Weigh and wipe the meat. Melt 3 oz. of SPRY in a tin. Place the meat on a trivet and put into the tin. Baste the cut sides, and cook in a hot oven at first. Reduce the heat after 20 minutes, and cook steadily. Baste every 20 minutes until ready.

dishes

ROAST BEEF

Allow 15 minutes to each lb. and 15 minutes over.

Serve with unthickened gravy (see page 51), Yorkshire pudding (see page 51), baked potatoes (see page 50).

ROAST MUTTON

Allow 20 minutes to each lb. and 20 minutes over.

Serve with red currant jelly, or onion sauce (see page 83) and thickened gravy (see page 51).

ROAST LAMB

Allow 25 minutes to each lb. and 25 minutes over.

Serve with mint sauce and thickened gravy (see page 51).

ROAST VEAL

Stuff if desired (see page 50). Cover with fat of bacon or a thickly-greased paper, and allow 20 minutes to each lb. and 20 minutes over.

ROAST PORK

This should be treated the same way as Veal.

Potatoes may be roasted round the meat. They should be peeled, cut in half, or in quarters if they are very large, and baked brown in hot SPRY.

Grilling.—Make the grill red-hot before cooking the meat. Brush chops or steaks with melted SPRY before grilling them, and season them with a little salt and pepper after they are cooked. Turn the meat between two spoons, or the blades of two knives, when one side is well browned. If you stick a fork or skewer into the meat, some of the juices will escape.

Stewing is a good method to use for the cheaper cuts of meat, such as best end of neck of mutton and stewing steak. It is often a good plan to brown meat in hot SPRY before it is stewed. This gives a good flavour to the stew, and makes it a better colour. Stewing is a long, slow process of cooking, but it is economical, because very little heat is required, and all the juices of the meat and vegetables are eaten. Moreover, the flavour of carrots, turnips, onions, tomatoes, celery and herbs can be added to the dish by stewing all these vegetables with the meat. Such dishes as Exeter stew (page 49), and brown stew of rabbit (page 48), make good economical dishes which give variety to the daily diet.

Reheating.—When cold meat is reheated, as in meat rissoles (page 25), and shepherd's pie (page 49), it must be remembered that the meat is already cooked, and needs reheating only, not recooking. Added flavours and some extra fat are necessary. SPRY is so delicious a fat and so easily used in the methods given that these dishes will soon prove to be as popular as any.

GRILLING

Make the grill red-hot. Brush the heated grid-iron with SPRY. Prepare the food and place a pat of SPRY on top of each piece. Brown the meat quickly on both sides and keep turning. Reduce the heat towards the end of the cooking process. Time depends on the thickness of the food. Extra thick meat requires a minute or two longer than that which is cut thin.

Chops	7 to 10 minutes.
Steak	10 to 15 ,,
Kidney	8 minutes.
Tomato	Until heated through.
Sausage	10 minutes.
Mushroom	5 ,,
Bacon	3 to 5 minutes.

MIXED GRILL for 1 person

1 chop (or steak)
1 sheep's kidney (or slice of liver)
1 sausage
1 rasher of bacon
1 mushroom
1 tomato
1 oz. SPRY

Method.—Heat grill. Brush heated grid-iron with SPRY. Wash and skin kidney and mushroom. Prick sausage. Roll up bacon and wipe meat. Place chop, kidney and sausage on the grid with pats of SPRY on each. Turn every 2 minutes, and after cooking for 5 minutes put the kidney, bacon, mushroom and tomato on the grid. Continue cooking for about another 5 minutes. Serve hot with potato chips (see page 22).

BRAISED STEAK

1 to 2 lb. steak (cut thick)
Carrot, turnip, onion, etc.
1 to 2 oz. ham or bacon
1 oz. SPRY
1 gill water or stock
Seasoning

Method.—Heat the SPRY. Fry the cut-up vegetables and ham slightly. Add the meat whole, and brown it. Add the liquid. Bring to boiling point. Season and cover the meat with a thickly-greased paper. Fit the lid tightly on the pan or casserole and cook in a moderately hot oven. This steak will take about 1½ hours to cook, but if the steak is cut thick, up to 2 hours should be allowed. Serve on a hot dish, with gravy (see page 51).

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

ROAST DUCK

Method.—Pluck, singe and draw duck. Cut off wing bones at first joint, scald feet and remove skin. Stuff the body with sage and onion stuffing (see page 50).

To Truss.—Twist the feet to lie on back. Pass a skewer through points of wings and one through legs. Skewer "apron" to cover tail.

To Roast.—Heat 3 oz. SPRY in tin, then put the duck in the tin and baste well. Roast 1 to 1½ hours, depending on age and size. Baste occasionally. Serve with thickened gravy and apple sauce (see page 82).

Roast Goose treated similarly.

REGULO SETTING MARK 7.
TEM. 400°, REDUCING TO 375° F.

1 duck
Sage and onion stuffing
3 oz. SPRY

ROAST FOWL

1 fowl for roasting
3 oz. veal or sausage forcemeat
¼ lb. SPRY

Method.—To Prepare Fowl.—Pluck and singe the fowl. Break the feet above the toes and draw the sinews. Cut off the feet. Scald the legs and scrape off the dry skin. Loosen the skin round the neck and cut off as near the body as possible, leaving the long neck skin. Loosen internal parts at neck end and draw from tail end. Wipe inside with a damp cloth. Make a slit in the skin above the tail and pull the tail through.

To Stuff.—Stuff the breast with forcemeat (see page 50) and fold the neck skin over.

To Truss.—Fold wings on to the back, pass threaded trussing needle through centre of wing and through joint between drumstick and thigh bone; pass through the body and repeat on other side. Tie firmly. Then pass the trussing string through the end joints of the leg and tie firmly under tail.

To Bake or Roast.—Cover the breast with paper thickly brushed with melted SPRY. Heat the remaining SPRY, put chicken in tin and baste well. Put the paper on top and roast for 1 to 1½ hours, beginning in a fairly hot oven and reducing the temperature. Remove the paper a few minutes before serving to allow breast to brown. Serve with rolls of bacon or sausages cooked with the fowl. These should be added to the roasting tin about 15 minutes before the fowl is ready, or they may be grilled separately. Garnish with watercress.

The Gravy.—Simmer giblets and use liquid for gravy. Pour fat from the tin, leaving sediment; add stock from giblets. Thicken with flour or cornflour (see page 51).

TEM. 400°, REDUCING TO 375° F. REGULO SETTING MARK 7.

BROWN STEW OF RABBIT

Method.—Skin and wash the rabbit. Dry it carefully, cut into joints, and dip in the flour seasoned with salt and pepper. Melt 1 oz. of SPRY in a saucepan, cut the onion into rings and fry in SPRY until golden brown. Remove the onion from the pan, add the other ounce of SPRY and heat well, and fry joints of rabbit. Pour off all the SPRY from the pan and then add the onion and water and seasoning. Simmer until tender. Remove the joints, thicken the gravy (see page 51) and strain over the rabbit. Cut the rashers of bacon in two, fry and arrange around the rabbit before serving.

1 rabbit
2 oz. SPRY
1 onion
¾ pint water or stock
1 oz. flour
Salt and pepper
¼ lb. bacon

HOT POT for 6 people

Method.—Brush a casserole or enamel dish with melted SPRY. Wipe the meat and cut into pieces about an inch square. Cut the onions in rings, and then 2 or 3 average-size potatoes in slices about ¼ inch thick. Put a layer of potato on the bottom of the dish and lay the rest of the meat on top of this. Cover with the onion and add salt and pepper. Pour in the water and cover the meat completely with the remaining potatoes cut in halves. Brush over the potatoes with melted SPRY. Cook in a moderately hot oven for 1 to 1½ hours.

1½ lb. neck of mutton
½ pint hot water
2 lb. potatoes
1 large onion
Pepper and salt
SPRY

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

EXETER STEW for 6 people

Method.—Heat the SPRY. Cut the onion in rings and fry until a light brown. Add the meat, pieces about 3 by 1½ inches, and brown well on each side. Pour off any extra SPRY. Add the water. Bring to boiling point. Add salt and pepper and allow to simmer slightly for 2 to 2½ hours. Add savoury balls and vegetables cut fairly small ¾ hour before serving.

To make Savoury Balls.—Rub the SPRY into the flour. Add the herbs and baking-powder and chopped onion. Mix to a light dough with the water. Divide into six balls. Roll in flour and cook on top of the stew.

1 lb. stewing steak
1 oz. SPRY
1 onion
Salt and pepper
½ pint water
Carrot and turnip

Savoury Balls :

3 oz. flour
1½ oz. SPRY
Piece of onion
Pinch of mixed herbs
½ teaspoonful baking-powder
Water to mix

SHEPHERD'S PIE for 4 people

Method.—Brush a piedish with melted SPRY. Remove fat and bones from meat. Chop or mince meat and cut up onion finely. Heat ½ oz. of SPRY in pan, add meat and onion and carrot. Blend flour and liquid, add to mixture in the pan, boil it up and add salt, pepper, herbs, chopped celery and parsley. Pour into piedish.

To the mashed potatoes add 1 oz. of melted SPRY, together with sufficient milk to moisten. Beat up well. Put potatoes on top of meat, smooth over and mark with a fork. Lay small pats of SPRY on this and bake in a hot oven until nicely brown (20 to 30 minutes).

REGULO SETTING MARK 7.
TEMPERATURE 425° F.

½ lb. cooked meat
1 cooked onion
1 cooked carrot
1 lb. cooked potatoes
Pinch of herbs
Salt and pepper
Chopped celery
Chopped parsley
2 oz. SPRY
½ oz. flour
1 gill stock, gravy or water

VEAL FORCEMEAT

4 oz. breadcrumbs
2 oz. SPRY
2 teaspoonfuls chopped parsley
½ teaspoonful of herbs
Salt and pepper
Egg or milk to bind

Method.—Melt the SPRY, and mix well with the breadcrumbs, parsley, herbs, salt and pepper. Add sufficient egg or milk to bind the mixture together. Use for stuffing.

SAGE AND ONION STUFFING

4 oz. breadcrumbs
1½ oz. SPRY
4 onions
1 teaspoonful sage
Salt and pepper
Egg or milk to bind

Method.—Boil the onions and then chop them up finely. Melt the SPRY until it is liquid, but not too hot, and mix it with the breadcrumbs, sage, chopped onions, and salt and pepper. Add sufficient egg or milk to bind the mixture together. Use to stuff meat or poultry as required, or serve separately, baking in a roasting-tin well brushed with melted SPRY.

BAKED POTATOES for 4 people

3 oz. SPRY
2 lb. potatoes

Method.—Peel potatoes of a similar size. Cut large ones in two; dry thoroughly. Make SPRY very hot in a baking-tin; place in potatoes, baste well, bake in a hot oven, basting and turning frequently for 40 to 50 minutes, till crisp and brown. Drain, sprinkle with salt and serve.

REGULO SETTING MARK 6.
TEMPERATURE 400° F.

MASHED POTATOES

Steamed or boiled potatoes
Salt and pepper
1 oz. SPRY
Little milk

Method.—Beat the cooked potatoes to a cream with a wooden spoon, adding seasoning, SPRY and milk. Reheat and serve.

GRAVY (Thickened)

Method.—After cooking meat, pour off all fat, leaving sediment from meat behind. Add to this a teaspoonful of flour and ½ teaspoonful of salt. Stir well round tin, and add gradually ½ pint of boiling water. Stir until the mixture boils.

GRAVY (Unthickened)

Method.—After roasting, baking or frying meat, pour off fat from tin or pan, leaving the sediment. Add ½ teaspoonful of salt. Stir and brown, then add ½ pint of boiling water or stock. Stir well and bring to boiling point. Boil for a few minutes and skim all fat from top.

YORKSHIRE PUDDING

for 6 people

1 oz. SPRY
½ pint pancake batter (see page 26)

Method.—Put the SPRY into a dripping-tin and heat. When it is melted and very hot pour in the batter and bake for ½ hour in a quick oven. Serve immediately.

REGULO SETTING MARK 7.
TEMPERATURE 425° F.

Spry
ALL PASTRY, CAKES & FRYING

FISH

DIRECTIONS for frying fish have already been given in the chapter on FRYING (page 13). Fish is also good baked or grilled, and for invalids or children, steamed fish is a dish very easily digested and, when served with an appropriate sauce, extremely nourishing.

dishes

White fish, which is nearly always chosen for steaming, is deficient in fat ; a sauce made with SPRY is necessary here, so that the right balance of foods may be maintained. White sauce (page 84), tomato sauce (page 82), Dutch sauce (page 84), are all excellent accompaniments to fish. With baked fish, also, a sauce is a necessary and delicious part of the dish.

BAKED FISH

Fillets or pieces of fish (cod, halibut, hake, plaice, salmon, etc.)
1 to 2 oz. SPRY

Method.—Brush a roasting-tin and paper thickly with SPRY. Wash and dry the fish, lay on tin and sprinkle with salt and pepper and a little lemon juice. Put a few pats of SPRY on the fish, cover with paper and bake in a hot oven until tender (when the flesh should leave the bone easily). Serve with a sauce (see page 84).

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

BAKED FILLETS OF SOLE

Fillets of sole
Salt and pepper
½ oz. SPRY
½ pint Dutch sauce (see page 84)
Lemon butterflies to garnish

Method.—Wash, dry and roll up the fillets. Brush a tin with melted SPRY, put the fish in it, and add the salt and pepper. Cover with a paper rubbed with melted SPRY. Bake in a moderately hot oven for about 20 minutes. Garnish with lemon butterflies. Serve on a hot dish and coat with Dutch sauce (see page 84).

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

GRILLED FISH

Method.—Do not use the grid-iron. Brush the bottom of the grill-pan well with melted SPRY. Heat it before putting the fish in. Season lightly with salt and pepper, and put small pats of SPRY on top of the fish. Cook under a red-hot grill, turning once only. The time required for grilling is between 5 and 15 minutes. Thick cuts of fish will take longer than thin ones. Serve with a sauce.

1 oz. SPRY
Fish (finnan haddock, herring, kipper, mackerel, trout or fillets of plaice, sole, halibut or salmon, or cut steaks of any of these less than 4 inches thick, are suitable for grilling)

STEWED HADDOCK for 3 people

Method.—Wash the haddock and cut it into 4 pieces. Heat the milk, put the haddock in the saucepan and stew gently until cooked (20 to 30 minutes). Strain the milk, and with it make a white sauce (see page 84). Put the fish on a hot serving-dish, pour the white sauce over and garnish with sprigs of parsley.

1 finnan haddock
½ pint milk
1 oz. SPRY
1 oz. flour
Seasoning

STEAMED FISH

Method.—Clean, skin, wash and dry the fish. Then put it on a plate brushed with melted SPRY, add salt and pepper and squeeze lemon juice over it, and put a few pats of SPRY on top. Cover with a plate or basin and steam over a pan of boiling water until cooked. This will take between 20 to 30 minutes. Pour off excess liquid, garnish with parsley or lemon butterflies and serve.

Any kind of white fish
Salt and pepper
Lemon juice
½ oz. SPRY

PUDI

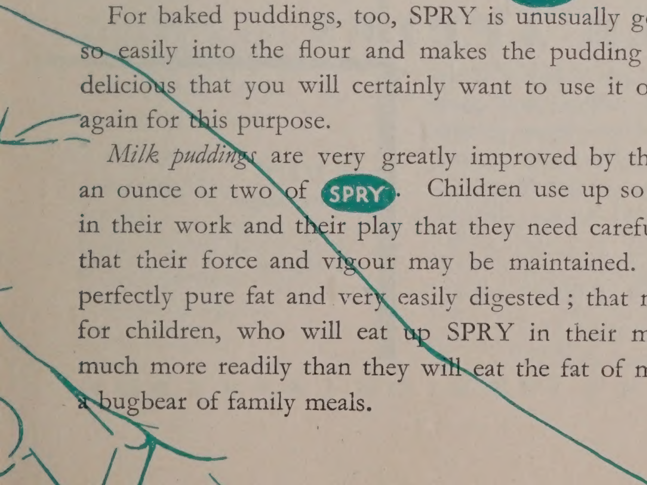
INGS

Boiled or steamed puddings made with fresh fruit are family favourites everywhere. Here is a new way to make them: Make your pudding crust with SPRY, as described on page 30. You will find that this gives you a lighter, much more digestible pudding. The same recipe can be used for boiled apple dumplings, boiled jam roll or treacle roly-poly.

Steaming is better than boiling for puddings: it makes them lighter, dryer and nicer to eat. A steamer to fit on top of a large saucepan costs about 3s. 6d. If you have no steamer, put your pudding basin into a saucepan with enough boiling water to come one-third of the way up the basin. Stand the basin on a plate or saucer turned upside down. Keep a kettle of water beside the saucepan and *make sure that the pan does not boil dry.* Add boiling, not hot, water from time to time. See that the saucepan-lid fits tightly, to keep in all the steam, and cover the pudding with two thicknesses of paper brushed with melted SPRY.

For baked puddings, too, SPRY is unusually good. It rubs so easily into the flour and makes the pudding so light and delicious that you will certainly want to use it over and over again for this purpose.

Milk puddings are very greatly improved by the addition of an ounce or two of SPRY. Children use up so much energy in their work and their play that they need careful feeding, so that their force and vigour may be maintained. SPRY is a perfectly pure fat and very easily digested; that makes it ideal for children, who will eat up SPRY in their milk puddings much more readily than they will eat the fat of meat, so often a bugbear of family meals.



FRUIT PUDDING for 6 people

SPRY Pudding Crust:
8 oz. flour
3 to 4 oz. SPRY
Pinch of salt
1 teaspoonful baking-powder
Cold water

Filling:
Sugar
$1\frac{1}{2}$ to 2 lb. fresh fruit
(Small fruits, such as gooseberries, damsons, plums, red currants, etc., are the most suitable)

Method.—Brush a basin with melted SPRY and prepare a paper and cloth to cover. Also prepare saucepan for steaming (see page 57). Clean and prepare the fruit. Rub the SPRY into the flour and add the salt and baking-powder. Blend with cold water until the mixture feels elastic. Turn on to a board and roll two-thirds of the paste into a round large enough to line the basin. Put half the fruit into the lined basin and then the sugar and the rest of the fruit. Make a lid for the top with the remainder of the pastry. Cover with two thicknesses of paper brushed with melted SPRY, and steam for about 2 hours (see illustration, page 31).

BAKED APPLES for 4 people

4 apples
4 oz. sugar
$\frac{1}{2}$ oz. SPRY
4 cloves

Method.—Brush a paper with melted SPRY. Wipe and core the apples and put them in the tin. Pour a little water round them. Fill the cores with sugar and a clove, and lay a small pat of SPRY on top of each. Cover with greased paper and bake until tender (about 1 hour).

REGULO SETTING MARK 6.
TEMPERATURE 400° F.

BAKED CUSTARD for 4 people

2 eggs
1 tablespoonful sugar
1 pint milk
A little nutmeg

Method.—Brush piedish well with melted SPRY. Warm the milk until tepid, beat the eggs slightly, add the sugar and the milk, strain into the prepared piedish and sprinkle with nutmeg. Bake 1 hour in a slow oven till set.

REGULO SETTING MARK 1.
TEMPERATURE 325° F.

CHRISTMAS PUDDING for 12 people

8 oz. breadcrumbs
8 oz. flour
10 oz. SPRY
1 lb. muscatels
½ teaspoonful salt
8 oz. mixed peel
1 glass brandy
1 lb. currants
8 eggs
8 oz. ground almonds
8 oz. demerara sugar
2 chopped apples
8 oz. sultanas

Method.—Prepare a pan (see page 57). Brush a large basin and two pieces of paper with melted SPRY. Mix together flour and breadcrumbs. Rub in SPRY finely; add prepared fruit, salt, sugar, almonds and beaten eggs; stir thoroughly and add brandy last. Pour into prepared basin. Cover with double-greased paper and steam for at least 6 hours. Fresh paper should be put on top at intervals. See introduction to puddings, page 57.

MINCEMEAT

8 oz. raisins (stoned)
8 oz. candied peel
8 oz. sultanas
8 oz. currants
8 oz. SPRY (melted)
1 lb. apples
8 oz. brown sugar
Rind and juice of 1 lemon and 1 orange
1 teaspoonful ginger
1 teaspoonful cinnamon
½ nutmeg (grated)
½ teaspoonful mixed spice
½ teaspoonful salt
1 gill brandy or rum may be added

Method.—Chop the raisins, clean the sultanas and currants, and chop the peel finely. Peel and chop the apples. Grate the rind of the lemon and orange. Strain the juice and mix everything together. Place in jars and cover until required. Keep for a few weeks before using.

FIG PUDDING for 6 people

Method.—Prepare the pan or steamer (see page 57) and brush the basin and paper with melted SPRY. Wash and chop the figs. Then rub the SPRY into the flour and breadcrumbs, and add the sugar, salt, bicarbonate of soda and cream of tartar. Beat the egg with a little milk and mix in well. If necessary, add a little more milk until the mixture is fairly soft. Turn into the prepared basin. Cover and steam for 1½ to 2 hours. Turn out and serve with custard sauce (see page 83). See introduction to puddings, page 57.

½ lb. figs
¼ lb. flour
¼ lb. breadcrumbs
¼ lb. SPRY
¼ lb. sugar
Pinch of salt
1 egg
½ teaspoonful bicarbonate of soda
1 teaspoonful cream of tartar
Milk to mix

MARMALADE PUDDING

- 8 oz. flour
- 4 oz. sugar
- 3 oz. SPRY
- 2 tablespoonfuls of marmalade
- 2 teaspoonfuls of baking-powder
- 1 or 2 eggs
- Little milk
- Pinch of salt

Method.—Prepare a basin and saucepan for the steamed pudding (see page 57). Rub SPRY into the flour, and add the sugar, baking-powder and salt. Mix with marmalade, egg and milk until fairly soft. Put in the greased basin, cover and steam for two hours. Turn out and serve with custard or marmalade sauce (see page 82). See introduction to puddings, page 57.

MILK PUDDINGS

Average proportions :

- 1½ oz. grain (rice, ground rice, cornflour, etc.)
- 1 pint milk
- 1 oz. sugar

BAKED RICE PUDDING for 4 people

- 1½ oz. rice
- 1 oz. sugar
- 1 pint milk
- 1 oz. SPRY
- Pinch of salt
- Grated nutmeg or cinnamon

Method.—Brush a piedish with melted SPRY. Wash the rice well in cold water, in a strainer; drain it thoroughly, and put it in the piedish. Add the milk, salt, sugar and SPRY; sprinkle with nutmeg or cinnamon, and bake in a slow oven for 2 hours.

REGULO SETTING MARK 1.
TEMPERATURE 330° F.

GROUND RICE PUDDING for 4 people

- 1½ oz. ground rice
- 1 pint milk
- Pinch of salt
- 1 oz. sugar
- 1 egg
- Nutmeg or cinnamon
- 1 oz. SPRY

Method.—Brush a piedish with melted SPRY. Blend the ground rice with enough milk to form a smooth liquid paste. Boil the remainder of the milk and add to blended mixture, stirring well. Return to pan and stir until mixture reaches boiling point. Boil for 3 minutes. Remove from heat, add the salt, sugar and SPRY. Allow to cool a little, then add the beaten egg. Pour into piedish, sprinkle with nutmeg and bake ½ hour.

REGULO SETTING MARK 1.
TEMPERATURE 350° F.

SEVEN CUP PUDDING

for 6 people

Method.—Brush the basin and the paper with melted SPRY. Have ready in a pan sufficient boiling water to come half-way up the basin. Rub the SPRY into the flour and breadcrumbs. Add the sugar, flavouring, fruit (dried), and bicarbonate of soda, and then the apple, finely chopped. Add the beaten egg and milk, and mix well until the pudding is fairly soft. Then put the mixture in the prepared basin, cover with paper brushed with melted SPRY and steam for 3 hours.

- 1 teacup flour
- 1 teacup sugar
- 1 teacup currants
- 1 teacup raisins
- 1 teacup SPRY
- 1 teacup breadcrumbs
- 1 small teacup milk
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon spice
- ¼ teaspoon bicarbonate of soda
- 1 egg
- 1 apple

GOLDEN PUDDING for 6 people

Method.—To Bake.—Brush a piedish with melted SPRY and pour in 1 tablespoonful of syrup.

To Steam.—Prepare a basin and saucepan for steaming (see page 57).

Rub SPRY into the flour. Add the sugar, salt and baking-powder, and mix with the beaten egg and milk until the mixture will drop easily from a spoon. Turn into the basin and steam for 1½ to 2 hours, or put it in the prepared piedish and bake in a moderately hot oven for 45 minutes. Serve with warm syrup.

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

6 oz. flour
3 oz. SPRY
3 oz. sugar
1 teaspoonful baking powder
Pinch of salt
1 egg
2 tablespoonfuls golden syrup
¾ gill milk

SWISS PUDDING for 4 people

1 lb. stewed apples
8 oz. breadcrumbs
2 oz. SPRY
3 tablespoonfuls brown sugar

Method.—Stew apples with sugar until tender. Mix breadcrumbs and sugar and add melted SPRY. Place half of this in a greased piedish, then pour in the apples and cover with remainder of mixture. Place some small pieces of SPRY on top and bake in a quick oven for ½ hour.

REGULO SETTING MARK 6.
TEMPERATURE 425° F.

BAKED CHOCOLATE PUDDING

for 4 people

- ½ pint breadcrumbs
- 1½ oz. grated chocolate
- 1 oz. sugar
- ½ pint milk
- 1 oz. SPRY
- 1 teaspoonful vanilla essence
- 2 eggs

Method.—Grease a piedish with SPRY. Boil the milk, chocolate and SPRY together. Pour over the breadcrumbs, add the sugar, and when slightly cold the yolks and vanilla. Turn into the piedish and bake for ½ hour in a moderately hot oven. Whisk the whites stiffly, add 2 tablespoonfuls of sugar and place on top of pudding. Bake in a cool oven until pale brown.

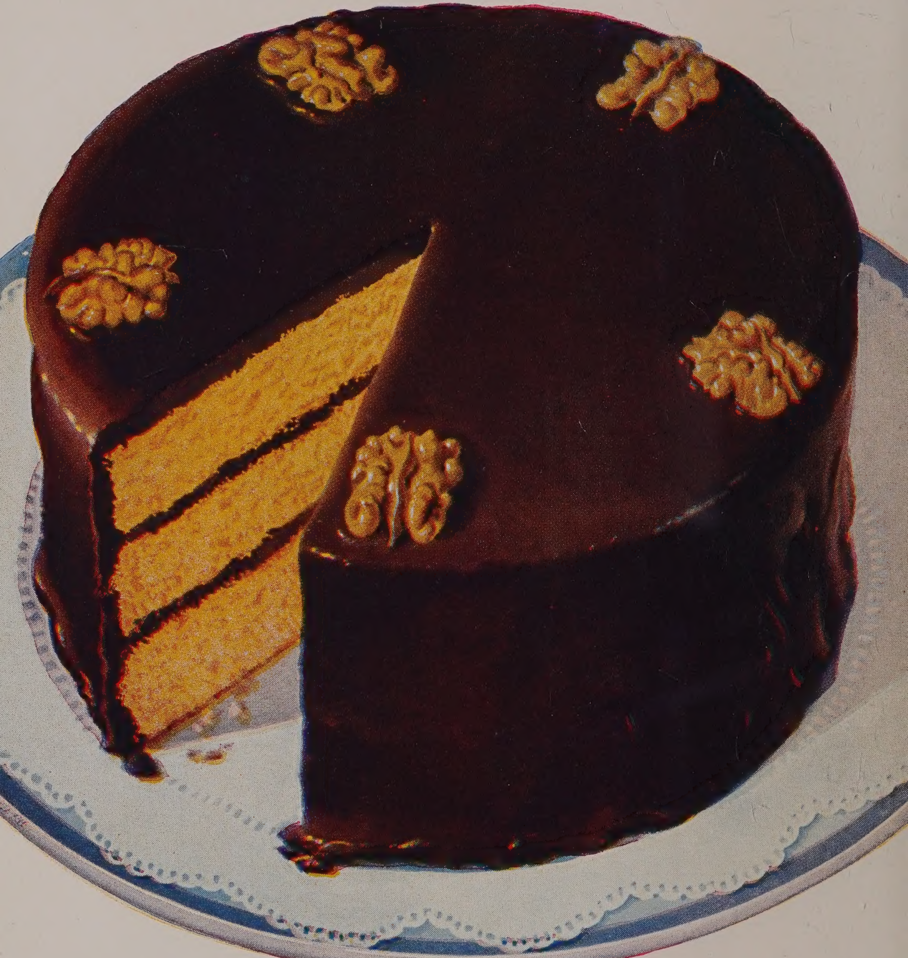
REGULO SETTING MARK 5.
TEMPERATURE 375° F.

SPONGE PUDDING for 6 people

Method.—Grease the basin and paper to cover with SPRY. Beat the SPRY and sugar to a cream. Mix flour, baking-powder and salt and add to cream mixture alternately with the egg. If necessary a little milk may be added. Steam for 1½ to 2 hours. Turn out and serve with a sauce.

Note.—Flavourings such as lemon rind, orange juice, 2 oz. of citron, sultanas or cherries may be added.

- 2 eggs
- 4 oz. SPRY
- 4 oz. sugar
- 5 oz. flour
- ½ teaspoonful baking-powder
- A little milk
- Pinch of salt



BAKING

Cakes and Scones

MAKING good cakes, and seeing them warmly appreciated by the family, certainly brings more satisfaction to a cook than any other kind of cookery. Fortunately, it is not difficult to make cakes or scones; with SPRY in your kitchen it is quite an easy matter. For here, as in every other branch of cookery, the cake-maker was very carefully considered while SPRY was being made, and in consequence every cooking process is a great deal easier with SPRY than with any other form of fat.

Plain cakes are not, as some novices in cookery may suppose, cakes with no fruit or flavouring in them. They are cakes with much more flour in them than fat. A plain cake can be a currant cake, a sultana cake, a fruit cake, a seed cake, or a cocoanut cake. The proportions to use are:

To 1 lb. flour not more than 8 oz. of SPRY and not more than 4 eggs.

If *plain* flour is used, 2 heaped teaspoonfuls of baking-powder should be sieved with it into a basin. The amount of sugar, dried fruit, and spices or flavourings will vary according to the recipe; eggs and enough milk to make the mixture to a light moist dough should be used. Plain cakes may be large (rice cake, page 69; fruit cake, page 71), baked in a tin, or small (rock cakes, page 68), baked in bun tins or patty tins, or rolled into buns. In this kind of recipe the SPRY is *rubbed into the flour*, the fruit or flavourings are added, and the eggs and milk beaten up together and mixed with them.

Rich cakes are made with 8 oz. or *more* than 8 oz. of SPRY to every pound of flour. Generally speaking, 4 to 6 eggs are used for mixing, and SPRY and castor sugar are creamed and beaten together before the eggs are added. Lastly, the flour and the flavourings are *folded*, not beaten, into the mixture. *Folding* in flour means scattering it lightly on top of the mixture, then cutting through the mixture with a kitchen spoon and covering the flour. This process is repeated until all the flour is incorporated with the cake mixture. Madeira cake (see page 70), chocolate cake (see page 71), orange cake (see page 69), walnut cake (see page 72), are all types of a rich cake mixture. Plum cakes, fruit cakes and Christmas or birthday cakes are of this type also.

Small rich cakes are made in the same way, by creaming SPRY and sugar together and beating in the eggs, but here, because the proportion of egg to the other ingredients is relatively larger, egg and flour are often beaten into the mixture alternately, so that the mixture shall not curdle.

Here are some Rules for Cake Making

(1) The plainer the cake the softer the mixture.

(2) The richer the cake the slower the oven.

(3) When creaming, beat the SPRY and sugar together until they are fluffy and the sugar no longer feels gritty.

(4) Add the eggs slowly to prevent curdling. If this should happen it may be rectified by the addition of a little flour.

(5) For a cake requiring more than 1 hour to bake, the tin should be lined with anything from 1 to 4 layers of paper, depending on the time required.

(6) The temperature of the oven should remain steady until the cake has risen and browned slightly, when it should be decreased to allow inside of the cake to dry.

(7) The oven door should be opened as seldom as possible and no draughts of cold air allowed to blow through.

(8) The time for baking depends on the size of tin and amount of fruit in the cake.

(9) If the cake browns rather quickly cover carefully with a sheet of brown paper.

(10) To test for readiness the cake should feel firm, and a skewer pushed into the centre should come out clean.

Scones are made very much in the same way as small plain cakes. The proportion of SPRY to flour is less, no eggs are necessary, and more milk is used for mixing. Sour milk makes very good scones.

ROCK CAKES

Method.—Brush an oven-tray with melted SPRY. Rub the SPRY into the flour. Add sugar, salt, baking-powder and fruit; beat up egg, add it, and mix all very stiffly with a little milk if necessary. Arrange in 12 rough heaps on the prepared tray. Sprinkle with nutmeg. Bake for 10 to 15 minutes.

REGULO SETTING MARK 7.
TEMPERATURE 425° F.

8 oz. flour
3 oz. SPRY
3 oz. sugar
3 oz. currants
2 oz. mixed peel
1 teaspoonful baking-powder
Pinch of salt
1 egg
Milk
Grated nutmeg

CHRISTMAS or BIRTHDAY CAKE

12 oz. SPRY
12 oz. castor sugar
12 oz. flour
1 lb. currants
12 oz. raisins
4 oz. almonds (blanched)
8 oz. mixed peel
6 to 8 eggs (6 large or 8 small eggs)
1 teaspoonful cinnamon
1 teaspoonful ginger
½ teaspoonful mixed spice
½ teaspoonful salt
1 teaspoonful treacle or golden syrup
½ teaspoonful baking-powder
2 tablespoonfuls brandy may be added

Method.—Line a 12-inch tin or two 7-inch tins with 3 layers of paper, and brush the last layer well with melted SPRY. Prepare the fruit, chop the raisins, almonds and peel, beat the SPRY and sugar into a fluffy cream, beat the treacle with the eggs and add slowly to the creamed mixture, beating very well. Sift in the flour and baking-powder, add all the spices and fruit and mix well. Turn into the prepared tin and bake in a slow oven for about 5 hours in smaller or 7 hours in larger tin.

REGULO SETTING MARK 1.
TEMPERATURE 325° F.

RICE CAKE

Method.—Line a 6-inch tin with a layer of greaseproof paper, and brush with melted SPRY. Mix the flour, ground rice, baking-powder, salt and lemon rind. Cream the SPRY and sugar and add the beaten eggs slowly. Fold in the flour mixture, and if necessary add 1 to 2 tablespoonfuls of milk to make the mixture fairly soft. Turn into the prepared tin and bake for 1 to 2 hours in a moderately hot oven.

REGULO SETTING MARK 4.
TEMPERATURE 350° F.

4 oz. castor sugar
4 oz. SPRY
4 oz. flour
Grated rind of ½ a lemon
2 eggs
2 oz. ground rice
½ teaspoonful baking-powder
Good pinch of salt
Little milk

ORANGE CAKE

Method.—Brush a 7-inch cake-tin with melted SPRY. Grate the rind of the orange. Cream the SPRY with the sugar, add the beaten eggs gradually, then fold in the flour with the salt and baking-powder, and lastly the orange rind. Bake in a moderately hot oven for 1 hour. When cool, split and spread with—

4 oz. sugar
3 oz. SPRY
4 oz. flour
2 eggs
Good pinch of salt
½ teaspoonful baking-powder
Grated rind of 1 orange

ORANGE FILLING

Method.—Cream the SPRY with the sieved icing sugar and beat well. Add the juice of half an orange. Cover with *orange water icing* (see page 79), and decorate with pieces of crystallised orange.

2 oz. SPRY
4 oz. icing sugar
Juice of ½ an orange

MADEIRA CAKE

Method.—Line a 7-inch cake-tin with paper brushed with melted SPRY. Cream the SPRY and sugar and add the beaten eggs gradually. Fold in the flour, baking-powder, and lemon rind. Add a little milk if necessary, to make the mixture fairly soft. Turn into the prepared tin and bake in a moderately hot oven for 1½ to 2 hours. When the cake is half baked put the slices of peel on top.

This mixture may be made into a fruit cake with the addition of ½ to 1 lb. of cherries, sultanas, or other fruit. It will then take about ½ hour longer to bake, but as the time varies for different kinds and quantities of fruit it is best to test the cake with a skewer to find when baked.

REGULO SETTING MARK 3.
TEMPERATURE 340° F.

8 oz. flour
6 oz. SPRY
3 eggs
5 oz. sugar
½ teaspoonful baking-powder
Grated rind of ½ a lemon
Little milk
2 strips citron peel

QUEEN CAKES

2 oz. SPRY
2 oz. sugar
1 egg
3 oz. flour
¼ teaspoonful baking-powder
Pinch of salt
1 oz. currants
2 tablespoonfuls milk

Method. — Brush patty-tins with melted SPRY. Beat the SPRY and sugar to a cream, add the beaten egg gradually, stir in flour and baking-powder, add the prepared fruit and milk, and mix until soft. Fill tins three-quarters full, and bake in a moderately hot oven for 20 minutes.

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

FRUIT CAKE

Method.—Brush a 6-inch cake-tin with melted SPRY or line it with paper brushed with SPRY. Rub SPRY finely into the flour, add sugar, salt, baking-powder and fruit, and then the essence and beaten eggs. Then add milk until the mixture will just drop from a spoon. Beat well, turn into the prepared tin and bake in a moderately hot oven for 2 to 2½ hours.

Regulo Setting Mark 3.
Temperature 350° F.

8 oz. flour
4 oz. sugar
4 oz. SPRY
4 oz. sultanas
4 oz. currants
4 oz. peel
Pinch of salt
½ teaspoonful baking-powder
½ teaspoonful lemon essence
2 eggs
¾ gill milk

CHOCOLATE CAKE

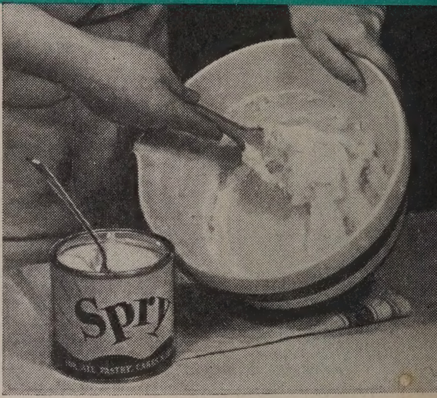
½ teaspoonful vanilla essence
5 oz. sugar
5 oz. SPRY
2 oz. chocolate powder
7 oz. flour
2 eggs
½ teaspoonful baking-powder
Good pinch of salt
2 tablespoonfuls milk

Method.—Line a 6-inch cake-tin and brush with melted SPRY. Cream the SPRY with the sugar and add the beaten eggs slowly. Add the sifted flour, chocolate, baking-powder, salt, and lastly, the milk and vanilla. Mix well and bake in a moderately hot oven for 1½ hours. This cake may be split and spread with SPRY chocolate filling (see page 78) and covered with chocolate water icing (see page 79) and decorated with walnuts.

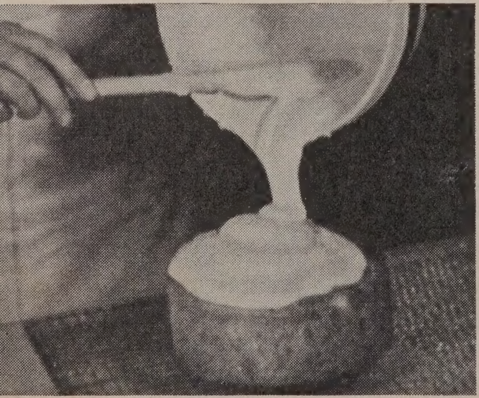
Regulo Setting Mark 4.
Temperature 350° F.

WALNUT *Cake*

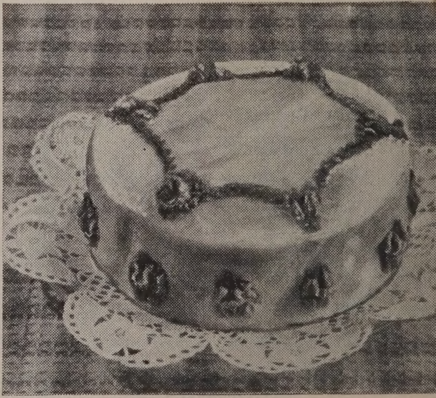
1. LINING TIN.—Line a cake-tin with two or three layers of greaseproof paper, cutting it into strips for the sides to come 2 in. above the edge of the tin and rounds for the bottom. Grease well with melted SPRY.



2. CREAMING THE MIXTURE.—B the SPRY and sugar together wit wooden spoon until of a light, crea consistency.



3. ICING THE CAKE.—Make the icing of a coating consistency, pour on to the centre of the cake, using a knife dipped in hot water to spread where necessary.



4. THE DECORATED AN FINISHED CAKE.—Decorate wi walnuts before the icing sets and finish w rosettes of SPRY filling.

SPONGE SANDWICH

Method.—Prepare two 8-inch sandwich-tins by brushing well with melted SPRY and dusting with flour. Beat the SPRY and sugar together for a few minutes (until white and creamy). Beat the eggs and add very gradually. Sieve the flour, cream of tartar, and bicarbonate of soda together and fold in. Add the milk and then the flavouring chosen. Spread half the mixture smoothly in each tin, and bake in a moderately hot oven for 20 minutes. (See pages 69, 78, 79 for fillings and icings to suit each kind of sandwich.)

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

4 oz. SPRY
3 oz. castor sugar
6 oz. flour
2 eggs
½ gill milk
1½ level teaspoonfuls cream of tartar
¾ teaspoonful bicarbonate of soda

These ingredients are for a plain sponge sandwich.

To make a *chocolate sponge sandwich* add 2 oz. grated chocolate to the other ingredients.

For a *walnut sponge sandwich* add 2 oz. chopped walnuts.

For a *coffee sponge sandwich* add 1 tablespoonful coffee essence.

WALNUT CAKE

Bake the Walnut Sponge Mixture in one 7-in. tin for about 45 minutes and ice with Water Icing (see page 79), and decorate as illustration.

SWISS ROLL

Method.—Prepare an oblong tin (about 13 inches by 8 inches) by lining it with paper well brushed with melted SPRY. Sieve the flour, salt and baking-powder together. Beat together the eggs and sugar until thick (10 to 15 minutes). Fold in the flour mixture lightly with a spoon, the hot water, and lastly the SPRY, melted until it is just liquid enough to pour easily. Pour into tin and bake in a quick oven for 7 minutes. Have ready the warm jam and sugared paper. Turn the sponge on to the paper, cut off the edges, spread with jam and roll up. This must be done quickly or the sponge will crack. Dust with sugar. REGULO SETTING MARK 8. TEMPERATURE 450° F.

2 fresh eggs
4 oz. flour
3 oz. castor sugar
1 teaspoonful baking-powder
Good pinch of salt
2 oz. melted SPRY
2 tablespoonfuls hot water
2 tablespoonfuls warm jam

FAIRY CAKES

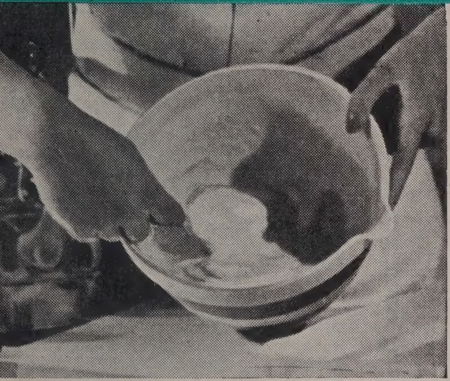
Method.—Brush the patty-tins with melted SPRY. Beat the SPRY and sugar to a white fluffy cream. Beat the egg and add gradually. Sieve the flour with the cornflour and baking-powder and add. Add the milk until the mixture is fairly soft. Beat well. Fill the patty-tins three-quarters full, and bake in a moderate oven for 10 to 12 minutes.

REGULO SETTING MARK 5. TEMPERATURE 375° F.

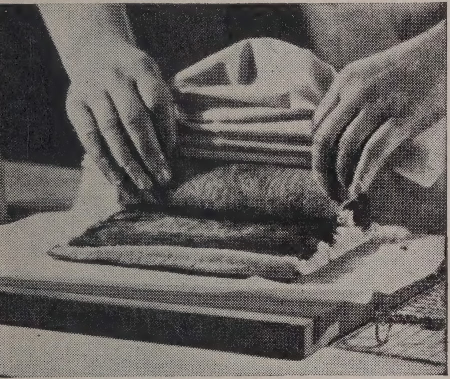
This is how to make these cakes especially nice for parties or bridge teas: When the cakes have cooled, cut off the tops and put a spoonful of beaten sweetened cream on each cake. Then cut the tops in two, and replace them in the cream to represent wings.

2 oz. SPRY
2 oz. sugar
2 oz. flour
2 oz. cornflour
1 egg
1 teaspoonful baking-powder
2 tablespoonfuls milk
Vanilla essence

SWISS *Roll*



1. FOLDING FLOUR INTO EGGS AND SUGAR. — Sieve the flour and baking-powder together and fold very lightly into the stiffly beaten eggs and sugar until just mixed. Use a metal spoon.



2. ROLLING UP COOKED SPONGE.—Sprinkle a double sheet of greaseproof paper with castor sugar, turn the roll on to this and quickly remove tin lining paper, cut crisp edges, spread with warm jam and roll up.

3. FINISHED SWISS ROLL. Dredge with sugar before serving.

GINGERBREAD

Method.—Brush a 7-inch tin with melted SPRY. Rub the SPRY into the flour with the tips of the fingers, and add the sugar, salt, bicarbonate of soda, cream of tartar, sultanas and spices. Mix well, and then make a hole in the centre and pour in the syrup, treacle, beaten eggs, and a little milk—just enough to make the whole mixture soft and smooth. Pour into the tin and bake in a hot oven for 1¼ to 1½ hours. Be very careful not to open the oven door until the cake is almost ready.

REGULO SETTING MARK 4.
TEMPERATURE 350° F.

12 oz. flour
3 oz. SPRY
½ teaspoonful cream of tartar
4 oz. sugar
4 oz. sultanas
Pinch of salt
2 tablespoonfuls syrup
2 tablespoonfuls treacle
2 eggs
Milk
1 teaspoonful ginger
1 teaspoonful cinnamon
1 teaspoonful mixed spice

SWEET MILK SCONES

8 oz. flour
2 oz. SPRY
½ oz. sugar
1 teaspoonful cream of tartar
½ teaspoonful bicarbonate of soda
½ teaspoonful salt
Milk to mix
1 oz. currants or sultanas may be added

Method.—Brush a baking-tin with melted SPRY. Then rub SPRY into the flour and add sugar, cream of tartar, bicarbonate of soda, and salt. Add milk until the dough is fairly light, turn out onto a board, and roll out lightly ½-inch thick. Cut into rounds. Put them on the tin, brush with egg or milk and bake in a hot oven for 7 to 10 minutes.

REGULO SETTING MARK 8.
TEMPERATURE 450° F.

YEAST SAFFRON CAKE

Method.—Sieve the flour into the basin. Rub the SPRY into it, stir in sufficient grated nutmeg to flavour, currants, peel, and sugar. Put the yeast into another basin, mix with a teaspoonful of castor sugar, and pour on ½ pint of tepid milk. Allow this to stand until the surface of the milk is covered with bubbles. Make a well in the centre of the dry ingredients, pour in the yeast and milk mixture. Sprinkle this with a little flour. Stand the basin in a warm place until the yeast has bubbled up. Add the prepared saffron to the basin. Mix the contents to a soft dough, using a little additional tepid milk, if necessary. Turn on to a floured board or table, knead well. Return the dough to the basin and stand it in a warm place until it has risen to twice its original bulk. Turn it into 2 warmed and greased 7-inch cake-tins, or shape into small buns. Allow the cake to prove for 15 minutes, then bake in a hot oven, afterwards reducing the heat. Allow 1 to 1¼ hours if the mixture is baked in tins, and 15 to 20 minutes for buns. Immediately upon removing the cakes from the oven brush with a glaze obtained by boiling a tablespoonful of castor sugar and a tablespoonful of milk. Cool on a wire tray.

Note—To prepare Saffron.—Cut 1/16 oz. saffron into small pieces with scissors. Pour over almost ½ pint of boiling water. Leave to infuse overnight. Then strain, and the liquid is ready for use.

Regulo Setting Mark 6.
Temperature 400° F.
Reduce later.

2 lb. flour
12 oz. SPRY
1/16 oz. saffron
Grated nutmeg
1¼ lb. currants
3 oz. mixed peel
4 oz. sugar
1 teaspoonful castor sugar
½ pint milk
¾ oz. yeast

SPRY FRYING IS PERFECT

YORKSHIRE TEA CAKES

- 8 oz. flour
- ½ teaspoonful salt
- 1 teaspoonful sugar
- ½ oz. yeast
- 1 oz. SPRY
- About 1 gill milk (or milk and water)
- 1½ oz. currants, or currants and peel mixed, may be added for variety

Method.—Rub the SPRY into the flour. Cover and warm slightly in a bowl. Cream the yeast with the sugar till liquid. Warm milk until tepid. Brush a baking-tin with melted SPRY and warm it. Pour creamed yeast into warm flour mixture, add warm milk, mix all to a light dough and knead well until smooth. Cover and put to rise in a warm place until double its size. Knead again, divide into three. Shape into round tea cakes and place on the warm greased tin. Let them prove in a warm place for 20 minutes, then bake in a quick oven for 12 minutes. When ready brush over with SPRY.

REGULO SETTING MARK 8.
TEMPERATURE 450° F.

SPRY CHOCOLATE FILLING

Method.—Melt half the SPRY. Add the chocolate to it. Cream the rest of the SPRY and add the melted mixture to it gradually. Mix very well, and then add the sugar slowly, mixing all the time. Beat thoroughly and use while still soft. If the mixture seems too soft, use a little extra icing sugar. This can be used for icing cakes, as well as for filling.

- 4 oz. SPRY
- 6 oz. sieved icing sugar
- 4 oz. grated chocolate

SPRY Coffee Filling.—Use 1½ tablespoonfuls of coffee essence instead of grated chocolate. Chopped nuts may be added.

WATER ICING

½ lb. sieved icing sugar
2-3 tablespoonfuls boiling water or fruit juice
Colouring and flavouring if desired

Method.—Add the water gradually to the icing sugar. Beat very well until a thick coating consistency is obtained. Add whatever colouring or flavouring is required and spread on the cake with a knife dipped in hot water.

N.B.—This is sufficient icing to cover the top of a sponge sandwich.

ADD TO WATER ICING—

for orange water icing, 2 tablespoonfuls orange juice;
for coffee ,, ,, 1 teaspoonful coffee essence;
for lemon ,, ,, 1 tablespoonful lemon juice;
adding boiling water if necessary.

CHOCOLATE WATER ICING

8 oz. icing sugar
3 oz. grated chocolate
1 oz. SPRY
1 tablespoonful vanilla essence
2 tablespoonfuls water

Method.—Boil the chocolate and water together, add the SPRY, cool slightly and add the sieved icing sugar; beat well and use.

SOUPS and SAUCES

The proper sauce to serve with every dish is a very important feature of home cookery. The method given here (page 84) for making white sauce is quite easy to accomplish with SPRY which melts quickly and mixes admirably with flour and milk. Apple sauce (page 82) and tomato sauce (page 82) are also very easy to make. There is always a good reason for serving these sauces with your meals. SPRY is an exceptionally pure fat, and very easy to digest, so every time you add a sauce made with SPRY to your meal you are giving yourself and your family extra nourishment and extra warmth and vigour.

Soups can be made in exactly the same way as sauces, but for soup add 1 pint of milk, milk and water stock, or sieved vegetables to every ounce of flour and SPRY respectively. Celery soup, white onion soup, artichoke soup and cauliflower soup can all be made in this way by simmering the vegetables first in milk or milk and water, putting them through a wire sieve, and then adding the purée to the SPRY and flour cooked in a large pan. You will find also in this chapter some other recipes for good soups made with SPRY

TOMATO SAUCE

½ lb. tomatoes (or ½ pint tinned tomatoes
½ small onion
1 oz. SPRY
1 gill stock
1 oz. ham
1 teaspoonful cornflour
Salt and pepper

Method.—Melt the SPRY. Slice the onion and tomatoes. Fry the ham and then the onion and tomatoes in the SPRY. Add the salt and pepper. Put the lid on the pan and cook gently for 10 minutes. Add the stock and then cook for 20 minutes. Then thicken with the cornflour and boil for 3 minutes. Strain. If necessary add a few drops of carmine to improve the colour.

APPLE SAUCE

1 lb. apples
1 oz. SPRY
2 to 3 oz. sugar
1 tablespoonful water

Method.—Wipe, peel and core the apples. Cut up and put in the pan with the sugar, SPRY, and water. Stew until tender and then mash or sieve.

MARMALADE SAUCE

2 tablespoonfuls marmalade
2 oz. sugar
½ pint water

Method.—Boil quickly together for 10 minutes and serve.

ONION SAUCE

Method.—Boil the onions and chop up roughly. Add to sauce and season with salt and pepper.

- ½ pint white sauce (see page 84)
- 2 chopped cooked onions

CUSTARD SAUCE

Method.—Mix the cornflour to a smooth thin paste with a little cold milk. Heat the rest of the milk with SPRY and pour it over the blended cornflour. Return the mixture to the pan and boil for at least 3 minutes, stirring well all the time. Add the sugar and flavouring. Cool slightly and then add beaten egg.

- 1 large teaspoonful cornflour
- ½ oz. SPRY
- 1 egg
- 1 oz. sugar
- ½ pint milk
- Pinch of salt
- Vanilla or other flavouring

COOKED SALAD DRESSING

Method.—Put flour, sugar, mustard and salt into a basin. Mix to a smooth paste with the egg. Add the other liquids and stand the basin in a pan of boiling water. Stir over the heat until thick. Add the SPRY. Stir occasionally until cold. Put into a jar and store.

- 1 egg
- 1 large teaspoonful flour
- ½ teaspoonful sugar
- ½ teaspoonful mustard
- ½ teaspoonful salt
- ½ gill milk
- ½ gill vinegar
- ½ gill water
- 1 oz. SPRY

WHITE SAUCE

1 oz. SPRY
1 oz. flour
½ pint milk or stock
Salt and pepper
Squeeze of lemon juice

Method.—Melt the SPRY. Stir in the flour and cook for 1 minute. Add the liquid and, stirring all the time, boil for 3 minutes. Add the salt, pepper and lemon juice. Use a little more liquid for a pouring sauce, and for a sweet sauce add sugar to taste.

ADDITIONAL SEASONING:

One tablespoonful of either chopped parsley, capers, grated cheese, chopped cooked onion or chopped cooked celery may be added to this foundation to make parsley sauce, caper sauce, etc.

DUTCH SAUCE

1 oz. SPRY
1 oz. flour
½ pint fish stock (or milk and stock mixed)
1 yolk egg
Juice of ½ a lemon
Salt and pepper

Method.—Melt the SPRY in a pan. Add the flour and then the liquid, stirring well all the time. Bring to boiling point. Then add salt, pepper, lemon juice and yolk of egg. Beat very well and serve.

BREAD SAUCE

½ pint milk
2 oz. breadcrumbs
½ onion
1 oz. SPRY
¼ blade of mace
Salt and pepper or peppercorns

Method.—Simmer onion, mace and seasoning in the milk until flavoured. Strain. Add the breadcrumbs and SPRY. Cook gently for 5 minutes. A little cream may be added for a richer sauce.

WHITE VEGETABLE SOUP

Method.—Prepare the vegetables and cut them into neat squares. Melt the SPRY, add the vegetables and cook with the lid on pan for 20 minutes. Add the stock or water and seasoning and bring to boiling point. Simmer for 2 to 2½ hours, removing any scum which forms while cooking. Wash the sago, add and simmer until sago is clear. Add milk and parsley and reheat.

N.B.—If liked, the soup may be sieved before adding the sago.

2 lbs. vegetables (potatoes, onions, carrot, turnip)
1 oz. SPRY
1 tablespoonful chopped parsley
1 tablespoonful fine sage
Salt and pepper
3 pints light stock or water
½ pint milk

SCOTCH BROTH

4 pints water
1 lb. leg of mutton
2 oz. pearl barley
Pieces of carrot, turnip and cabbage
Peas, if liked
1 tablespoonful chopped parsley
1 onion
Salt and pepper
2 oz. SPRY

Method.—Prepare the vegetables and cut up in neat squares. Melt the SPRY, add the vegetables and cook slowly with the lid on the pan for 20 minutes. Add the barley, mutton and cold water. Bring to boiling point. Allow to cook steadily for 2 hours. Add parsley finely chopped and seasoning before serving.

POTATO SOUP

- 6 large potatoes
- 1 onion
- 1 or 2 leeks
- 1 oz. SPRY
- 2 pints water or stock
- 1 tablespoonful tapioca
- ½ pint milk
- Salt and pepper

Method.—Peel the onion and leeks and cut in neat squares. Melt the SPRY, add the vegetables and cook gently with the lid on for 20 minutes. Add the thinly sliced potatoes, stock and seasoning. Simmer gently for 2 to 2½ hours, skimming when necessary. Add the washed tapioca and boil until clear. Add milk and reheat.

LENTIL SOUP

- 4 oz. lentils
- 2 pints water
- Pieces of turnip and carrot
- 1 onion
- 2 oz. SPRY
- 2 large potatoes
- Salt and pepper

Method.—Wash the lentils and soak overnight. Allow SPRY to melt, add lentils and the vegetables cut up. Cook gently with the lid on for 20 minutes. Add the water and bring to boiling point. Simmer gently for 2 to 3 hours. Season and serve.

Another Method.—Pass the soup through a sieve and thicken with 1 tablespoonful of flour mixed to a thin cream with cold milk, added to the soup and boiled for 3 minutes. A little milk added is an improvement.

TOMATO SOUP

Method.—Slice the tomatoes and place in the pan with the onion, ham, seasoning and SPRY. Cook gently for 20 minutes with the lid on. Add the stock and simmer until tender. Sieve and thicken with flour. Add colouring if necessary. A little milk may also be added.

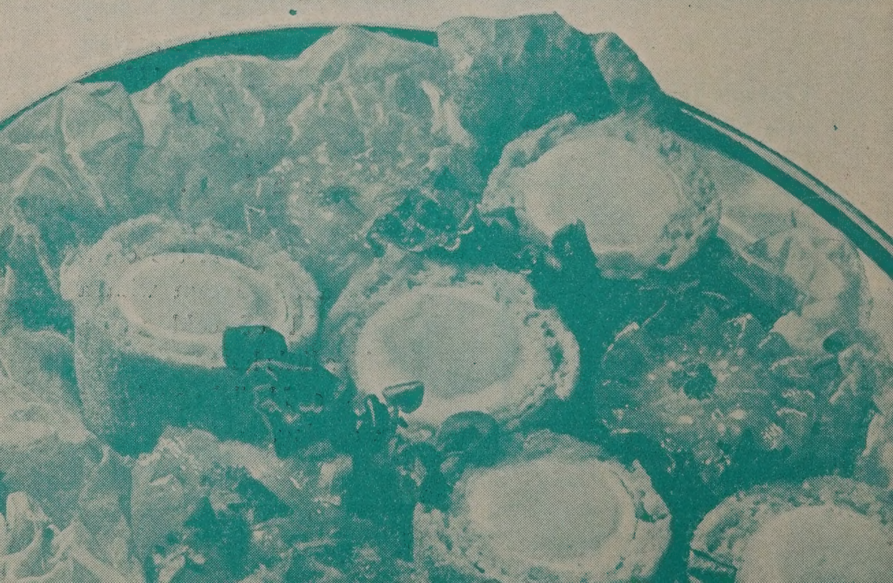
1 lb. tomatoes or 1 pint tinned tomatoes
1½ pints stock
1½ oz. flour
Salt and pepper
1 oz. SPRY
1 onion
2 oz. lean ham

KIDNEY SOUP

4 sheep's kidneys
1 oz. SPRY
1 onion
1 carrot
1 turnip
4 pints water or stock
1½ oz. cornflour
Seasoning

Method.—Prepare the kidney and cut into small pieces. Heat the SPRY and fry the kidney. Add the stock and the vegetables cut up roughly. Season and simmer for 2 hours. Strain. Cut the kidney into pieces and return to pan. Mix the cornflour to a thin cream with a tablespoonful of cold water, mix with a little hot soup, return to the pan and boil for 3 minutes before serving.

BREAKFAST and SUPPER



dishes

For breakfast and supper, dishes must be quick to make, quickly cooked, and particularly savoury and nice. Here are a few suggestions, all quite simple to prepare and very nice to eat. Many of these recipes can be varied—for example, chopped bacon, or chopped tomatoes or mushrooms, can be added to scrambled egg. Savoury omelet can be made cheese omelet by adding 2 oz. grated cheese to the mixture, or can have hot cooked fillings added, as suggested in the recipe on page 91. SPRY is the best possible medium in which to cook omelets or eggs, because it brings out all the flavour of the eggs and savoury additions so well.

WELSH RAREBIT

1 oz. SPRY
4 oz. coarsely grated cheese
1 tablespoonful milk
½ teaspoonful made mustard
Pepper and salt
1 slice of toast

Method.—Melt the SPRY in a saucepan. Add milk, salt, mustard and grated cheese. Heat and stir until the cheese has melted. Pour on hot buttered toast and serve quickly.

SCRAMBLED EGGS

1 slice toast
1 egg
½ oz. SPRY
Salt and pepper
1 tablespoonful milk

Method.—Melt the SPRY. Mix the beaten egg and milk, add the seasoning and pour into pan. Whisk over heat until it thickens and is creamy. Pile on toast and serve at once.

(Chopped ham or grated cheese may be added.)

BACON and EGGS

½ lb. bacon
2 eggs
1 oz. SPRY

Method.—Heat the SPRY, put in the bacon, and fry until just slightly underdone. Place on serving dish and keep hot. Break an egg into a wet cup and slide gently into the slightly cooler fat. Baste until set. Put egg on top of bacon, and serve.

SAVOURY OMELET

- 2 eggs
- 1 teaspoonful chopped parsley
- Salt and pepper
- 1 tablespoonful milk
- 1½ oz. SPRY
- Filling if liked

Method.—Beat the eggs, add the parsley and salt and pepper, and half the SPRY cut in small pieces. Melt the remainder in the pan and pour in the mixture. Stir until it begins to set. Allow to set, and fold over to form an oval shape. Serve on a hot dish. Various hot cooked fillings (*e.g.*, tomato, mushroom, or ham) may be placed on before folding over.

Note.—If liked, the eggs may be separated and the whites stiffly beaten and folded into the yolk mixture.

CHEESE PUDDING for 4 people

Method.—Brush a piedish with melted SPRY. Grate the cheese, warm the milk and SPRY together, and pour them over the breadcrumbs and grated cheese. Mix in the mustard and beaten egg. Pour into the piedish and bake in a fairly hot oven for ½ hour. Serve hot.

REGULO SETTING MARK 5.
TEMPERATURE 375° F.

- ½ pint milk
- 3 oz. breadcrumbs
- 2 oz. cheese
- A little mustard
- Salt and pepper
- 1 oz. SPRY
- 1 egg

MACARONI CHEESE

- 4 oz. macaroni
- 3 oz. grated cheese
- ½ pint white sauce (see page 84)
- 1 mustardspoonful of mustard
- Salt and pepper

Method.—Brush a piedish with melted SPRY. Break macaroni into 1-inch lengths, wash and boil in salted water, with the lid off, for 40 minutes; drain. Make the white sauce (see page 84), add to it ¾ of the grated cheese, the macaroni, seasoning and mustard. Turn into the greased piedish. Sprinkle the remainder of the cheese on top. Brown in the oven or under the grill and serve hot.

STEWED TRIPE and ONIONS

- 1 lb. dressed tripe
- 2 onions
- ½ pint milk or milk and water
- 1 oz. flour
- 1 oz. SPRY
- Salt and pepper

Method.—Wash the tripe and cut into pieces of about 2 inches. Slice the onions and place in a pan with the milk and tripe. (If the tripe is raw it should first be washed, scraped and allowed to simmer for 6 to 8 hours.) Simmer slowly for 1 hour. Thicken with flour blended with the SPRY and add salt and pepper. Toast bread, remove the crust, cut in fingers, and arrange around tripe before serving.

Two Simple Savouries

CROÛTES AU JAMBON

10 croûtes of bread dipped in melted SPRY and tossed in grated cheese
5 rounds raw ham, the size of the croûtes

Method.—Sandwich a round of ham between each croûte, brown under the grill on both sides, open and grill the ham. Re-cover, serve hot on a lace paper, garnish with watercress, and sprinkle croûtes with chopped dried parsley.

Note.—If made a larger size, these form an appetising lunch dish.

CHEESE AIGRETTES

Method.—Heat sufficient SPRY for deep frying. Boil the SPRY and water together, add sifted flour, and beat over the heat until it forms a ball; add cheese and seasonings. Cool slightly, beat in the eggs, have fat faintly smoking. Drop in mixture in small tablespoonfuls, fry until golden brown. Drain. Dish on a fancy paper. Dust over with cheese and serve immediately.

1½ oz. flour
1 oz. grated cheese
½ oz. SPRY
1 gill water
Salt and cayenne
1 egg
1 yolk

Alphabe

APPLES, Baked . . . 58
Apple Sauce . . . 82
Apricot Flan . . . 34

BACON and Eggs . . . 90
Baked Apples . . . 58
Bakewell Tart . . . 38
Baking, Hints on . . . 65
Batter Coating . . . 22
  Pancake . . . 26
Birthday Cake . . . 68
Bread Sauce . . . 84
Breakfast Dishes . . . 89
Broth, Scotch . . . 85
Brown Stew of Rabbit . 48

CAKES:
  Birthday . . . 68
  Chocolate . . . 71
  Christmas . . . 68
  Fairy 74
  Fruit 71
  Madeira 70
  Orange 69
  Queen 70
  Rice 69
  Rock 68
  Walnut . . . 72, 73
  Yeast Saffron . . . 77
  Yorkshire Tea . . 78
Cheese Aigrettes . . . 93
  Macaroni . . . 92
  Pudding . . . 91
Chip Potatoes . . . 22
Chocolate Cake . . . 71
  Filling . . 78
  Pudding, Baked . 64
  Water Icing . . 79
Choice of Fat . . . 13
Chops, Fried . . . 24
Christmas Cake . . . 68
Christmas Pudding . . 59
Coatings, Batter . . . 22
  Egg and Crumb . 23
  Flour and Milk . 23
Control of Oven . . . 9
Cornish Pasties . . . 33
Croquettes, Fish . . 21
Croûtes au Jambon . . 93
Custard, Baked . . . 59
  Sauce . . . 83
  Tart . . . 38

DEEP Frying . . 15, 19
Dressing, Salad . . . 83
Duck, Roast . . . 46
Dutch Sauce . . . 84

EGG and Crumb Coating . 23
Eggs and Bacon . . . 90
Eggs, Scrambled . . 90
Exeter Stew . . . 49

FAIRY Cakes . . 74
Fat, Choice of . . . 13
Fig Pudding . . . 60
Filling, Chocolate . . 78
  Orange . . . 69
Fillets of Sole, Baked . . 54
Fish, Baked . . . 54
  Grilled . . . 55
  Steamed . . . 55
  Croquettes . . . 21
  Fried Fillets of . . 20
Flan, Apricot . . . 34
Flour and Milk Coating . 23
Forcemeat, Veal . . . 50
Fowl, Roast . . . 47
  Preparing the . . 47
  Stuffing the . . 47
  Trussing the . . 47
Fried Chops . . . 24
  Sausages . . . 24

ical INDEX

- Fried Steak . . . 24
- Fritters, Apple . . . 25
  - Banana . . . 25
  - Orange . . . 25
  - Pineapple . . . 25
- Fruit Cake . . . 71
  - Pie . . . 30
  - Pudding . . . 58
  - Squares . . . 39
- Frying, Deep . . . 15, 19
  - Sauté . . . 16, 18
  - Shallow . . . 16, 18

G

- GINGERBREAD . . . 76
- Golden Pudding . . . 63
- Goose, Roast . . . 46
- Gravy, Thickened . . . 51
  - Unthickened . . . 51
- Grilling . . . 45
- Grill, Mixed . . . 45
  - Steak . . . 45
- Ground Rice Pudding . . . 62

H

- HADDOCK, Stewed . . . 55
- Handy Weights and Measures 11
- Herring, Fried . . . 10
- Hot Pot . . . 48

I

- ICING, Water . . . 79

J

- JAM Tart . . . 34

K

- KIDNEY Soup . . . 87

L

- LEMON Curd . . . 35
  - Curd Tart . . . 35
- Lentil Soup . . . 86

M

- MACARONI Cheese . . . 92
- Mackerel, Fried . . . 20
- Madeira Cake . . . 70
- Marmalade Pudding . . . 61
  - Sauce . . . 82
- Measures, Handy . . . 11
- Meat Rissoles . . . 25
- Milk Pudding . . . 61
  - Scones . . . 76
- Mince Meat . . . 60
- Mince Pies . . . 32
- Mixed Grill . . . 45

O

- OMELET, Savoury . . . 91
- Onion Sauce . . . 83
- Orange Cake . . . 69
  - Filling . . . 69
- Oven Control . . . 9

P

- PANCAKES . . . 26
- Pancake Batter . . . 26
- Parsley, Fried . . . 20
- Pasties, Cornish . . . 33
- Pastry, Flaky . . . 29, 36
  - Short Crust . . . 29, 36
- Pies, Fruit . . . 30
  - Mince . . . 32
  - Steak and Kidney . . . 41
  - Shepherd's . . . 49
  - Veal and Ham . . . 40
- Plate Tart . . . 32
- Potato Soup . . . 86
  - Baked . . . 50
- Potatoes, Chip . . . 22
  - Fingers . . . 21
  - Fried . . . 22
  - Mashed . . . 51
  - Sauté . . . 21
- Preparing the Fowl . . . 47
- Pudding, Cheese . . . 91
  - Crust . . . 30, 31
  - Yorkshire . . . 51

- Puddings, Baked Chocolate . 64
  - Baked Rice . . 61
  - Christmas . . 59
  - Fig . . . 60
  - Fruit . . . 58
  - Golden . . 63
  - Ground Rice . 62
  - Marmalade . . 61
  - Milk . . . 61
  - Seven Cup . . 62
  - Sponge . . 64
  - Swiss . . . 63

Q

- QUEEN Cakes . . 70

R

- RABBIT, Brown Stew of . 48
- Rarebit, Welsh . . . 90
- Rice Cakes 69
  - Pudding, Baked . . 61
  - Ground . . . 62
- Rissoles, Meat . . . 25
- Rock Cakes . . . 68
- Rolls, Sausage . . . 39
  - Swiss . . 74, 75

S

- SAFFRON Cakes . . 77
- Salad Dressing . . . 83
- Sauces, Apple . . . 82
  - Bread 84
  - Custard . . . 83
  - Dutch . . . 84
  - Marmalade . . 82
  - Onion . . . 83
  - Tomato . . 82
  - White . . . 84
- Sausage Rolls . . . 39
- Sausages, Fried . . . 24
- Sauté Frying . . 16, 18
  - Potatoes . . . 21
- Savoury Omelet . . . 91
- Scones, Sweet Milk . . 76
- Scotch Broth . . . 85
- Scrambled Eggs . . . 90
- Seven Cup Pudding . . 62
- Shallow Frying . . 16, 18
- Shepherd's Pie . . . 49
- Sole, Baked Fillets of . . 54
- Soups, Kidney . . . 87
  - Lentil . . . 86
  - Potato . . . 86
  - Tomato . . . 87
  - Vegetable . . 85
- Sponge Pudding . . . 64
  - Sandwich . . 73
- Squares, Fruit . . . 39
- Steak and Kidney Pie . . 41
  - Braised . . . 46
  - Fried 24
  - Grilled . . . 45
- Stew, Exeter . . . 49
- Stewed Tripe and Onions . 92
- Stuffing a Fowl . . . 47
  - Sage and Onion . 50
- Supper Dishes . . . 89
- Swiss Pudding . . . 63
  - Roll . . 74, 75
- Syrup Tart 33

T

- TARTS, Bakewell . . 38
  - Custard . . 38
  - Jam . . . 34
  - Lemon Curd . 35
  - Plate . . . 32
  - Syrup . . . 33
- Tea Cakes . . . 78
- Tomato Sauce . . . 82
  - Soup . . . 87
- Tripe and Onions, Stewed . 92
- Trussing a Fowl . . . 47

V

- VEAL Forcemeat . . 50
- Veal and Ham Pie . . 40
- Vegetable Soup . . . 85

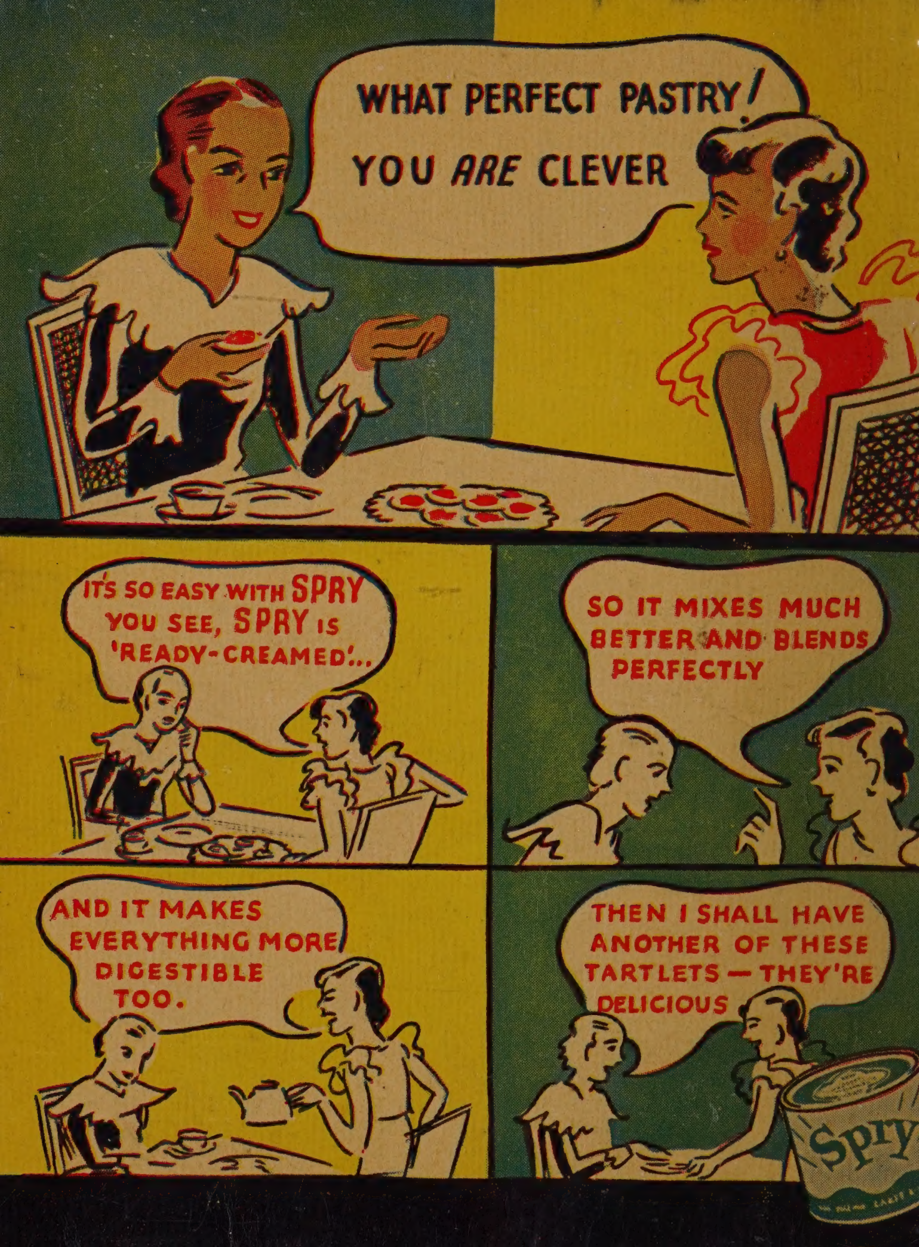
W

- WALNUT Cake . . 72, 73
- Water Icing . . . 79
- Weights and Measures . . 11
- Welsh Rarebit . . . 90
- White Sauce . . . 84
  - Vegetable Soup . 85

Y

- YEAST Saffron Cakes . 77
- Yorkshire Pudding . . 51
  - Tea Cakes . . 78

PUBLISHED BY R. S. HUDSON LIMITED
PRINTED BY BILLING AND SONS LIMITED, GUILDFORD AND ESHER, SURREY
SPR. 02-3-36


WHAT PERFECT PASTRY! YOU *ARE* CLEVER
IT'S SO EASY WITH SPRY YOU SEE, SPRY IS 'READY-CREAMED'...
SO IT MIXES MUCH BETTER AND BLENDS PERFECTLY
AND IT MAKES EVERYTHING MORE DIGESTIBLE TOO.
THEN I SHALL HAVE ANOTHER OF THESE TARTLETS — THEY'RE DELICIOUS
Spry